

A walk in the park with Outdoor Rec

The aspen and scrub oak at Farish Recreation Area are beginning to don their fall colors around this time of the year. With temperatures cooling from the summer highs, October is an ideal time for a hike or other outdoor family activity at this exclusive 655-acre military retreat in the mountains just west of the U.S. Air Force Academy, Colorado Springs, Colo. (U.S. Air Force photo/James Lovely)

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Into the wild blue yonder

Aero Club flying courses soar over Kunsan



A view of the base from an Aero Club aircraft. Aviation courses are now available at Kunsan Air Base, Korea. Courtesy photo

By Senior Airman Stephen Collier
Kunsan Air Base, Korea, Public Affairs

They experience it all the time. Kunsan Air Base pilots climb into their F-16s, fire up their engines and off they go into the soupy sky of Korea. It can be an exhilarating rush, but one that isn't restricted to just the world's best fighter pilots.

Flying classes are now available to Wolf Pack members who are seeking the opportunity to earn their private pilots license.

Since Kunsan has no established Aero Club, classes are being taught by Senior Master Sgt. Bill Holm, 80th Aircraft Maintenance Squadron maintenance superintendent. Sgt. Holm said the class is an avenue that gives members the chance to learn about flying.

"Some of our students just want to run through the class and see what aviation is about and what flying involves," he said. "But for those who want to pursue their private pilot's license, they can get started with us."

Because only basic classroom instruction and flying lessons can be given at Kunsan, many members are encouraged to continue their flying education at Osan AB's established Aero Club.

There is a general initiation fee plus monthly dues for those wanting to become members. Becoming a member allows

access to earning a Federal Aviation Administration Private Pilot's License to include certified flight instructors for both ground and flight school.

Sergeant Holm said those interested in learning to fly only need one thing to get them hooked: one flight.

"The program is great for lots of reasons, but one of the big ones is that tuition assistance covers 100 percent of the ground school," he said. "This particular class includes class materials that a student needs for course work and flying, such as reference material and flight plotters."

Sergeant Holm added if students wanted to go on to earn further flight certificates, such as commercial, instrument and flight instructor, the Montgomery G.I. bill will cover the costs.

Because of the overwhelming response and success of the course, Sergeant Holm, who earned his private pilot's license while stationed at Kunsan in 1986, expects additional classes to be made to Wolf Pack members in the future.

"The 51st Services Squadron has been very supportive of Kunsan students and I hope to expand that cooperation by keeping an Osan Aero Club plane down here more often," he said. "It's cool to come back here and teach flying [and to] see the same enthusiasm displayed in the youngsters as I had 20 years ago."

Keesler Services' human resources team best in AF

The human resources office of the 81st Services Division at Keesler Air Force Base, Miss., was selected the best in the Air Force for 2005.

The award is in recognition of "outstanding leadership, management, customer focus and operational results," according to the award package.

During the year, the office processed 1,840 non-appropriated fund personnel actions and more than 4,000 applications and filled more than 250 positions.

The staff provided 24/7 service by establishing a self-help application procedure and implementing Web-based applications. They analyzed labor market trends to sustain one of the few, and largest, Office of Personnel Management-approved special pay rates in the Air Force.

One of the first base offices to open after Hurricane Katrina, the staff faced the challenge of accounting for more than 440 NAF employees scattered across the country. The staff worked with city officials,

contacted media, established personal contact with friends and relatives, verified bank activity and visited destroyed home sites until the last employee was found.

In spite of personal losses, the staff assisted employees with hurricane relief forms, orders and travel vouchers, funding for temporary housing, emergency funds and transportation, and worked with the payroll department to advance pay when the primary direct deposit source was destroyed.

When only 52 percent of the work force returned after the storm, the staff conducted off-base job fairs, hiring more than 75 employ-

ees on the spot from a severely limited applicant pool.

As a result of Hurricane Katrina, the office established two precedent-setting breakthroughs: Validating more than \$1 million in appropriated fund reimbursements for salary and evacuation expenses and developing and implementing the first NAF voluntary annual leave transfer policy for natural disaster and emergency situations.

"I am extremely proud of my entire staff for the accomplishments we've made, even with our own personal losses from Hurricane Katrina," said Sherry McGrath, human resource officer. "I knew we were the best in the Air Force. It's nice to be recognized."



Hurricane Katrina upended trees and damaged buildings at Keesler Air Force Base, Miss. The 81st Services Division's reactions to the tragedy earned them recognition as best in the Air Force. (U.S. Air Force photo/File)

USAF SERVICES

NEWS & VIEWS

From the front line...to the home front

The Air Force Services Agency's Online Magazine

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Vance youth make lemonade for cancer cure

By Staff Sgt. Amanda Savannah
Vance Air Force Base, Okla., Public
Affairs



Kevin Curttright, 71st Operations Group honorary commander and owner of Curttright Honda in Enid, Okla., gives money to Trystan Helterbrand, son of Heather and Shane Helterbrand, Computer Sciences Corporation, and Jaxson Moore, son of Lori and Capt. Christopher Moore, 8th Flying Training Squadron, at the youth center's Alex's Lemonade Stand. (U.S. Air Force photo/Staff Sgt. Amanda Savannah)

All across America, children's lemonade stands were quenching thirst and fighting childhood cancer during a recent weekend.

Vance Air Force Base, Okla., Youth Center members joined the cause for the fourth year in a row, contributing more than \$600 to the Alex's Lemonade Stand Foundation for Childhood Cancer.

"I feel good knowing I'm helping kids who are sick," said Jaxson Moore, 7-year-old son of Lori and Capt. Christopher Moore, 8th Flying Training Squadron. "My favorite part is just working and pouring the lemonade."

Kim Winfield, youth center registrar, said she brought the idea to the children after seeing a stand in Oklahoma City four years ago. Alex's Lemonade Stands are run across the country during the same weekend each year, according to the foundation's Web site. So Ms. Winfield researched the foundation

online to find out how the center could operate a stand of its own.

"Then I told the children about the stand at our kid's council meeting," Ms. Winfield said. "They liked the idea so much, we had a stand that year, even though it wasn't the same weekend. The meeting is held every year, and it's a unanimous vote to do the stand every time."

For Kevin Curttright, 71st Operations Group honorary commander and owner of Curttright Honda in Enid, and Tyler Kallsen, youth center staff member and son of Jody and Lt. Col. Kevin Kallsen, 5th FTS, contributing to the event hits close to home.

Mr. Curttright and his wife, Michelle, lost their son, Kraig, to a pediatric cancer in 2003 and set up a scholarship in his name. Mr. Curttright visited the youth center's stand to contribute in his son's memory.

Tyler was this year's recipient of the Curttrights' scholarship and will graduate the same year Kraig would have.

"I like being able to give back to this cause, and help others fight what Mr. Curttright's son went through," Tyler said. "I also participated in Relay For Life (the American Cancer Society's national overnight walk to celebrate survivorship and raise money for cancer research and support programs) when I was at school at (Oklahoma University)."

Ms. Winfield said youth center members will continue to set up the stand to help children across the country.

"They hear the word 'cancer' all the time and understand many people like the Curttrights have lost young loved ones," she said. "They like knowing there's something they can do to help fight the cancer battle."

Croughton library uses \$9,000 to buy books, DVDs, youth reading program

By Staff Sgt. Chris Stagner
RAF Croughton Public Affairs

Quality of life continues to be a focus for RAF Croughton leadership. That was evidenced when the Library recently received more than \$9,000 in funds for improvements.

"Budget cuts had left us in a tight situation as far as upgrades to our facilities go," said Evette Pearson, RAF Croughton Library director. "We were lucky that we had money for unfundeds last year to purchase books and DVDs for the library, but that was coming to an end and our lack of money for new purchases was going to be obvious soon."

The money is going to provide the library with the necessary funding to ensure the Croughton community doesn't see a drop in their available services.

"This money is going to let us get more new DVDs – both new releases, best sellers and customer requests – and update our book collection," she said. "It's also supporting our summer reading program theme and adult nonfiction titles."

The library plans to upgrade those collections with 170 new books, 125 DVDs and five CDs along with the renewal of the McNaughton Children's plan, which brings new children's books each month.

"I'm very excited we're using some of this money for our summer reading program," said Ms. Pearson. "We've also added a teen program themed 'Creature Feature' along with a new annual program for our children aged 12 and under that is themed 'Paws, Claws, Scales and Tales.'"

"We're using the money to purchase incentives for our teen participants and T-shirts for our participants in both programs," she said.

It's not just the children, though who are excited about the money the library received.

"I'm excited about them getting new materials because it's going to give me more to read," said Staff Sgt. Will Liggins, 422nd Communications Squadron Cable Dawg. "It's also a nice, quiet place to do my school work."



Stephen Thorne, RAF Croughton librarian, puts a book back on the shelf. The library received more than \$9,000 in additional funds that will be used to update materials. (U.S. Air Force photo/Staff Sgt. Chris Stagner)

Drowning Pool rocks Camp Victory, troops

Story and photos by Cpl. Jessica Kent
MNC-I PAO

A quiet night was interrupted by hundreds of screaming rock fans as servicemembers went surfing over the heads of swaying bodies. While many audience members happily sprayed water into the air, others threw their arms up high and cheered on a live rock band.

Members of Drowning Pool performed for a crowd of servicemembers and civilians at the Kellogg, Brown and Root Entertainment Stage at Camp Victory, Sept. 10.

The concert took place during the band's third tour dedicated to supporting U.S. troops. In the past few years, Drowning Pool band members traveled across areas of South Korea, Kuwait, Iraq and Germany to spread a message.

During the performance, a message was relayed to the troops. After Mistress Carrie (voted the most popular disk jockey in the U.S.) introduced the band, the message was clear.

"Thank you for our freedom," said Ryan McCombs, Drowning Pool's lead singer. "Thank you for what you do! Are we ready to have a good time tonight?"

During the next three hours, members of the audience appeared to enjoy the concert.

"Everyone looked like they were having a blast. I was surprised that the crowd was treating this like any concert from home," said Spc. Jesse Husack, billeting assistant, 38th Infantry Division Support Command, Multi-National Corps-Iraq.

As servicemembers went crowd-surfing and threw water in celebration, they yelled for band members to play their most popular song, "Bodies."

"When the band played it, there wasn't a person not jumping and singing along. They can put on a terrific show," said Specialist Husack.

After hearing some of the band's new music, including songs inspired by Drowning Pool's first trip to Kuwait and Iraq, Specialist Husack said he has a new level of respect for them.

"Drowning Pool has always been my favorite band, (but) I think better of them now. After hearing some of the new music they played, it made me realize how patriotic



Drowning Pool played three hours for troops.

these guys are," he said. "They informed me that on the next album, they are going to have a couple of songs that they wrote for the Soldiers."

It was obvious, Specialist Husack said after meeting the band, that these musicians respect servicemembers for what they're doing in Iraq.

"These guys went out of their way to make sure anyone who wanted a photo or tried to get something signed, got it," he said. "Besides having great music, they have great hearts as well."

Continued on next page

FROM THE FRONTLINES

Camp Victory rocks to Drowning Pool

continued from page 6



A Soldier surfs the crowd during the Drowning Pool Concert, Sunday. During the three-hour concert, the crowd yelled, crowd surfed and threw water yelling for the band to play their popular song, "Bodies."

In addition to motivating troops in Iraq, the band's music has been used in several motivational videos for the military. Drowning Pool is proud to support the military.

"That means the world to us; it's the greatest feeling in the world," said C.J. Pierce, vocalist and guitar player. "We love playing for the troops. We're thinking of them, and we appreciate what they're doing for us."

Band members are not the only ones who appreciate the sacrifices that have been made.

"When (Drowning Pool members) first landed, I shook each and every one of their hands and let them know we appreciate it. This has been a blessing on both halves," said Sgt. 1st Class Troy Dumes, MWR representative, 38th DISCOM, MNC-I. "They really want to be here, and just for the sake of them coming over here, that speaks great credit on their part as Americans."

The concert lifted morale for Soldiers, Sergeant Dumes said, and the morale boost may last for days. He expressed thanks to Drowning Pool for giving Soldiers an opportunity to mentally get away from work, physically relax and enjoy the entertainment.



Cheering for Lajes Field

The Lajes community was given a treat recently, when the Arizona Cardinal Cheerleaders showed up to entertain the troops. The Top of the Rock Club partnered up with Armed Forces Entertainment and the Lajes Community Center to bring Lajes a one of a kind show. The cheerleaders put on a high paced, energetic show filled with singing dancing and games for the audience. "It's great to see the children in the crowd want to get up and dance. I've heard more than one little girl say that she wants to grow up to be a cheerleader," said Jeff Adams, Community Support Flight Chief. "It's a great opportunity for all the people here to get a true American show. It also gets people excited about the upcoming football season, and helps promote Football Frenzy coming soon to the club." (U.S. Air Force photo/1st Lt. Ivan Brown)

Eglin Family Child Care program rated best in Air Force

Conchita Martinez, an Eglin Family Child Care provider, has been a provider for 11 years. Eglin's FCC program recently was rated the best in the Air Force. (U.S. Air Force photo/File)

By Staff Sgt. Lucelia Nagel
Eglin Air Force Base, Fla., Public Affairs

The Family Child Care Program at Eglin Air Force Base, Fla., which coordinates 42 family child care providers, recently garnered a Best in Air Force Family Child Care Program award.

Approximately 280 Eglin children, ages infant to 12 years, are cared for under the program. The providers are licensed and run child care businesses out of their own homes on base.

The program also has one affiliated provider, a state licensed care provider who is also licensed through Eglin FCC and cares for children off base.

"Under the program, we manage FCC providers to ensure the children's health and safety, developmental activity and nutritious meals," said Pat Branch, FCC coordinator.

The program coordinators facilitate training classes every other month to ensure the providers use creativity and imagination in developing Eglin's children.

"For instance, we can show them ways to incorporate color, math and language into their playtime," said Rose Jones, FCC coordinator.

What makes the Eglin program stand out among others is stability, according to Ms. Jones.

"Pat and I have worked together for years — you could say we are veterans in child care," she said.

Teamwork and a willingness to work toward a mutual goal also factor in, she said.

Several of the care providers have also been at Eglin for many years. They often provide support to the younger, less experienced providers.

"In this job, a person has to be organized and flexible," Ms. Jones said. "We are required to visit each home twice a month — once for observation and a second time to provide feedback. This means we are out of the office much of the time."

Besides the visits, the coordinators also file paperwork, run training and keep recurring tasks such as license renewals and background checks.

The providers each have one of four levels of license: provisional for at least three months and the care provider cannot care for more than four children; standard, which is good for two years and allows the provider to care for six children, with no more than two children



younger than 2 years of age; developmental, which is good for two years and six children; and accredited, which is good for two years and six children.

The provider must also be trained in first aid and CPR and know how to recognize signs of abuse. A provider typically attends a five-day class before applying for a business license.

"The longest part about getting the license is the background check," Ms. Jones said. "It takes about three weeks to complete. All in all, a provider can obtain a license in about three to six weeks."

The FCC program uses several different programs to offset costs for parents and for the providers. One such program is the U.S. Department of Agriculture food program. The program reimburses some of the costs of the meals the providers offer the children.

The FCC participates in a subsidy program for parents. The cost of childcare is based on the parents' income.

"Bottom line, I love my job," Ms. Jones said.

NAF-T Report:

SSC cost allocation method

By Air Force Services Agency/SVT Staff

In 2005, the Nonappropriated Fund Transformation Board of Advisors requested AFSVA/SVT explore options on charging the bases for NAF accounting and payroll services provided by the Shared Service Center during the three year Phase 1 deployment.

The BOA specified three charging criteria: 1.) fair and simple, 2.) no base would pay more for services than they currently do and 3.) bases would not be charged for the first 60 days after deployment.

Proposal

After several months of discussion and evaluating different costing options, AFSVA/SVT, at the Jan. 18 BOA meeting, presented an option that called for using the planned NAF position reductions as the basis for the costing calculation.

The planned NAF reductions are based on base staffing as of May 2003 and reflect an average 33 percent reduction of NAF positions Air Force-wide.

Those reductions were coordinated with each MAJCOM prior to finalization.

The BOA recommended this basis be used and USAF/A1S subsequently approved it.

Approved method

The approved cost allocation method ensures bases pay no more during NAF-T Phase 1 deployment of AFSFMS than they did prior to

deployment. Bases not projected to lose NAF positions will not be charged for SSC services during NAF-T Phase 1 deployment.

The formulation strategy also includes the limitation that each base will not be charged for the first two months after deployment. This allows bases to adjust to new processing procedures with their current staff.

Finally, a 4.1 percent yearly inflation is included to estimate out-year costs.

Costing example

The formula for allocating SSC costs to a base is:

Step 1: number of NAF positions lost at the base divided by the total number of NAF positions projected to be reduced across the Air Force = base percentage.

Step 2: base percentage times cost of fully staffed SSC = base cost for the year.

Step 3: base cost for the year divided by 12 = base cost per month.

During NAF-T Phase 1

Determining each base's annual charge includes using the number of months the base is fully operational on AFSFMS in each year during the deployment period (Fiscal 06 through Fiscal 09) and allowing the first two months after their deployment date to be at no charge.

For example, if a base is deployed for six months in Fiscal 07

(deployed Apr. 1, 2007), there is no charge for the first two months (April and May) and the Fiscal 07 charge will be for four months (June through Sept. 2007). In Fiscal 08 that same base will then be charged for 12 months at its established rate, which includes the 4.1 percent inflation factor.

Beyond NAF-T Phase 1

AFSVA is evaluating and studying methodologies for SSC costing after all bases are fully deployed. These costing methods will be presented to the BOA for consideration once they are fully developed.

Summary

In 2005 AFSVA/SVT evaluated different methodologies to allocate SSC costs to the bases during the deployment years. They presented options to the BOA for consideration. In January, the BOA determined, based on options presented, that the most effective method to ensure fair and equitable distribution of SSC costs during NAF-T Phase 1 deployment is to use a formula based on the number of NAF-T positions reduced at a base in relation to the number of NAF positions reduced Air Force wide.

USAF/A1S concurred and this method was implemented with the first deployment bases. The cost allocation formula will be re-evaluated during the deployment years to determine which method will be most effective after AFSFMS is deployed Air Force-wide.



By P.C. "Chevy" Chevallard

Log entry 4: 'The eyes have it'

Editor's note: This is part 4 in a 6-part series of articles written by retired Lt. Col. P.C. "Chevy" Chevallard, former commander/conductor of The U.S. Air Force Academy Band. The colonel is a student pilot in pursuit of his private pilot's license through the Peterson Air Force Base, Colo., Aero Club.

The 20th century French philosopher, Henri Bergson once said, "The eye sees only what the mind is ready to comprehend."

These old, brown, French/Italian/Welsh-American eyes have seen much in the last 54 years. Sometimes the mind's been ready, and sometimes not. Too often, my eyes have just plain glazed over — like when I read "How to Itemize your Federal Tax Deductions," or when I made a rare kitchen sortie for our wedding anniversary, and attempted making crab-stuffed mushrooms from an internet recipe, or whenever I watched an episode of "Regis and Kathie Lee." No, I wasn't checking my eyelids for holes. My eyes were open, but they weren't seeing, much less comprehending.

As a student pilot, however, comprehend they must. Understanding what I see has become a fulltime — and absolutely essential — way of life. It isn't that my eyesight is that bad. While airline pilots are required to have 20-20, private pilots must have only 20-40 (same as for a drivers license). I've got that covered because like most baby boomers, I've retained pretty accurate farsightedness but gained "nose huggers" to read the fine print of flight instruments and the Far Side. No kidding, if visual acuity

was all it took to become a pilot, I'd be A-OK, but it's not. A pilot also needs visual agility.

In a typical flying lesson, this is the kind of thing I hear from my instructor throughout: "Watch the wind sock to be aware of wind direction changes. Watch for dust devils to avoid unexpected wind gusts on take off or landing. Watch for virga and other precipitation to avoid downdrafts. Watch for ground traffic and air traffic to avoid collisions. Check your pitch picture to know if we're ascending or descending. Watch your heading indicator and magnetic compass to keep us on course. Check your altitude indicator to assure we're within the altitude parameters Air Traffic Control has given us. Check your attitude indicator and vertical speed indicator, to confirm we're achieving level flight. Check your airspeed indicator to confirm we're within the allowed speed limit. Check your other instruments, too, including flap indicator, vacuum system and ammeter indicator, communications frequency and transponder frequency (code) indicators, oil pressure, oil temperature, and fuel gauges to affirm that all systems are operating as they should. And oh, yeah, don't forget

to look out the window most of the time. Remember, you're paying a lot for the view!"

"Looking out the window" is why I took up flying in the first place. After an hour or so of lessons over those arrow-straight section line roads of the "East Practice Area," I find nothing beats flying back to Colorado Springs with Pike's Peak filling my windscreen. To my instructor's frustration, however, I regularly forget to look outside. Instead, I'm constantly scanning the instruments, my mind racing to catch up with all that I see. But my mind is catching up. Every lesson, I see a little more, I comprehend a little more, and I look outside a little more. One of these days, I'll have this visual flight rating instruction down, and I'll be granted my private pilot's license.

And about that time, I'll start training for the instrument flight rating. My instructor will tell me to put on a sight-restricting hood and fly a precise heading and altitude using flight instruments only. I'm sure he'll be saying, "Chevy, whatever you do, do not look out the window."

With respect to singer Crystal Gayle, it's enough to make these brown eyes blue.

FROM THE FRONTLINES

The result of exercise?

No, it's the result of an exercise.

Staff Sgt. Rachael Lease, 379th Expeditionary Services Squadron, receives "mouflage" makeup, simulating facial burns and bleeding, at the clinic before a recent exercise that tested the base's response to a simulated car bomb explosion.

"We wanted to ensure that we can respond to an attack or disaster quickly and safely, all while continuing to take the fight to the enemy," said Capt. Robert Randall, 379th Air Expeditionary Wing plans

and programs deputy chief, "and establish good communication between first responders and wing leadership."



(U.S. Air Force photo/Master Sgt. Douglas Lingefelt)

Base opens new visitor's quarters

By Mara Minwegen

Kirtland Air Force Base, N.M., Public Affairs

Airmen on temporary duty assignments to Kirtland Air Force Base, N.M., will no longer have to go downtown for lodging or deal with getting transportation to the base.

The 377th Services Squadron's Kirtland Inn celebrated the opening of the new, all ranks visitor's quarters recently.

Members of the New Mexico congressional delegation were on hand for the grand opening.

The VQ has 96 rooms, five handicap suites, two elevators, a fitness center and conference rooms. The new VQ has advantages both for personnel on temporary duty assignments and overall Team Kirtland.

"The new building will pay for itself in about six years and will be safer and more convenient for those personnel here on TDY assignments," Col. Terrence Feehan, 377th Air Base Wing commander, said.

The \$8.4 million facility is anticipated to save the Air Force more than \$2 million per year, due to the increased number of overnight stays. Kirtland had more than 31,000 overnight stays in downtown hotels in 2005.

"This was a smart Congressional insert supported by both Senator Pete Dominici and Congresswoman Heather Wilson," Colonel Feehan said.

May I help you?

Airman Shardae Compton, 5th Services Squadron at Minot Air Force Base, N.D., makes reservations for a guest over the phone at the Sakakawea Inn recently. The Sakakawea Inn recently added pet friendly rooms and Internet access to each room. (U.S. Air Force photo/Senior Airman Danny Monahan)



A horse is a horse...

Tyndall horse stables provide recreation, community



Jacquelyn Mobley's horse, "Festus," gets a drink of water after a day of exercise.

**Story and photos by
Senior Airman Sarah McDowell
Tyndall Air Force Base, Fla., Public
Affairs**

Hidden in the thick forests of Tyndall Air Force Base, Fla., nestled by the bay, is a place where people go to ride. The Tyndall stables is home to 24 horses and a second home to their masters.

Traveling out to the stables at least morning and evening to feed

and exercise the horses, these riders get to enjoy scenery that many Tyndallites may have not yet seen.

"My wife and I are trail riders and take them out on the beach that we have there and it is pretty nice, especially in the winter time," said Terry Townes. "You could be out on the trail hours and hours and still not backtrack."

The location of the stables itself is also something that the riders admire.

"We have access to two beautiful arenas, and a hundred miles of trails," said Jacquelyn Mobley, who has been riding for 10 years. "Not to mention we have a gorgeous view of the bay and Shell Island."

It seems there are many benefits from

horseback riding from camaraderie to exercise.

"I don't think there is just one great benefit from riding," Ms. Mobley said. "When I ride, it is as if I enter a whole different world. I forget about my daily stresses, am able to work out, and I learn a tremendous amount about patience. Plus, I never stop having fun."

But, recreation is not all that the stables offer. The riders have found ways to take their favorite activities and help the community.

"Some of our people have gone out and partnered with the Bay County horseman's posse and looked for missing people in the woods," Mr. Townes said. "The riders can get into areas to look for missing people along coastlines and rivers or bayous where people or vehicles can't go. Volunteers with horses provide this service."

They also provide community services for Tyndall.



Jody Dillon exercises "Dude," her horse, in an arena at the stables. There are two arenas at the stables and 12 barns.

Continued on next page

Enjoy the equine life at Tyndall Stables

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"We worked with the Officers' Spouses Club to give tours, provided Christmas hay rides, participated in parades for the summer fling," Mr. Townes said. "Most anything that the 325th Services Squadron can plug us into, we have been in."

Airmen who have an interest in giving back to the stables and meeting the horses also have an opportunity.

"There is always work to be done and fences to be fixed," Mr. Townes said. "Everyone is more than welcome to come out and look at the facility."

Jody Dillon,
Tyndall Stables
chairman,
exercises her
horse at the
stables after
work.



Ms. Mobley prepares "Festus" for riding by putting on the bridle. The two have been riding at the Tyndall stables since August 2005.



Ms. Mobley and Amanda ride, while Mrs. Dillon escorts her horse into the sunset, after a day of exercising their horses.

Dover AFB celebrates NASCAR race weekend



NASCAR Craftsman driver Brendan Gaughan signs autographs for young fans during the Craftsman Social at Dover Air Force Base, Del.'s Eagle Lanes Bowling Center. (U.S. Air Force photo/Kellye Richardson)

By Danielle Wilkinson
436th Services Squadron

Service member race enthusiasts and their families from the Dover Air Force Base, Del., community and beyond came out in support of the two annual NASCAR Socials held at the Eagle Lanes Bowling Center and the Community Center recently.

Both events included driver autograph signings, lots of great food, and tons of things to do provided by the event sponsors.

Things kicked off with the NASCAR Craftsman Social at Eagle Lanes Bowling Center.

Approximately 175 people attended and enjoyed 50 cent bowling, a tire changing competition, hot dogs and hamburgers on the grill, autograph signings by Bill Lester, Brendan Gaughan, Donnie Neuenberger, Kraig Kinser, Dennis Setzer, and Johnny Benson as well as a "Deal or No Deal" style game, and the first chance to play MATCH UP for prizes.

"I think the event went really well," said Eagle Lanes manager

Carl Schlesinger. "The passports were a big success and we were able to give our sponsors the attention that they really deserved by having our customers visit each booth."

Customers who turned in completed passports (pieces of paper stamped at each sponsor's booth) were entered into a drawing for the Monster Mile at Dover Downs.

Thursday night's winner was Linda Brewer. There was also NASCAR merchandise for sale, cars on display, a bouncy castle and music.

The festivities continued at the Community Center. Approximately 500 people attended and enjoyed a wealth of sponsor information, free pizza, a live band, dance floor, bouncy castles, racecar simulator, racing games for kids and MATCH UP games.

"The children really enjoyed playing MATCH UP," said Sophia Chavies. "They kept getting back in line to play again, not for the prizes but because it is a really fun game."

The night started at 5 p.m. and it wasn't long before the Community Center was packed with NASCAR enthusiasts eager to win the biggest door prizes of Monster Mile tickets and Pit Passes for the upcoming race.

The winner of the Monster Mile package was Christopher Loney.

Drivers arrived at 7 p.m. for an autograph signing session and included Scott Wimmer, Donnie Neuenberger, Derrike Cope, Mark McFarland, Auggie Vidovich, and Kertus Davis. The line of people waiting to meet the drivers snaked through the ballroom but didn't stop there.

The drivers were good enough to sign autographs for the gate guards on duty that night.

"We had some last minute changes in our driver line-up, but fortunately they all made it," said Capt Myla Abejuela, Acting Community Center Director. "Overall I was very pleased with the result and I have received many compliments on the outcome."



An Airman sits out after being "killed" during training in Southwest Asia that uses paintball/bullet hybrids. Paintball fields are becoming more common on Air Force bases for both official and recreational use. (U.S. Air Force photo/Staff Sgt. Joshua Strang)

Go-carts, bouldering, paintball

Innovation abounds for 'Lik' outdoor recreation

By Senior Airman Tim Beckham
Incirlik Air Base, Turkey, Public Affairs

Work weeks can be long and demanding. Some find relaxation with a good book and warm bath while others want to venture off base and experience the wonders of Turkey firsthand.

The 39th Services Squadron Outdoor Recreation Office at Incirlik Air Base, Turkey, already provides many opportunities for the Incirlik community to see and do more, but now they plan to make on-base activities a top priority.

"We have five new facilities and programs we are going to try to launch," said Christopher Skully, 39th SVS Community Support Flight chief.

The first of which is an off-road go-cart track.

"Our goal is to have the track available for both Turkish and American customers ages 12 and up," said Mr. Skully.

The go-cart track, scheduled to be completed this summer, is the first of its kind in the Defense Department.

"The track will be located in the grassy area in the middle of the

triangle," said Mr. Skully. "The go-carts, which will be 150 cubic centimeter dune-buggy style offroad vehicles, will be two-seaters and can be ridden by anyone 75 pounds or heavier. The minimum age to operate the vehicles is proposed to be 12 years old and up."

Outdoor recreation also has a bouldering (rock climbing) wall project slated to be installed at Arkadas Park.

"A bouldering wall is a horizontal traversing wall," said Mr. Skully. "The wall will be about eight feet high and 30 to 40 feet long. It's a low to no risk activity."

"The wall will have a variety of angled climbing panels with plastic holds and will have beginner, intermediate and expert routes," said Chris Whitener, 39th SVS Outdoor Recreation director.

A paintball field is also in Incirlik's near future.

"We will be opening an on-base paintball field for our loyal paintball customers," said Mr. Skully. "The field will have about three acres of play area and will be equipped with foxholes, bunkers, large-cable spools and a fully demilitarized A-10."

The paintball field will be located in the open area behind the golf course and will be open to everyone on base.

"We will be able to organize more frequent games, tournaments and even intramurals," said Mr. Skully. "We will be able to arrange for people to play during the week," said Mr. Whitener. "It will augment our off base trips and we may even have squadron competitions."

The outdoor recreation office also has two more facilities in planning for Incirlik's not-so-near future.

"In early to mid 2007 we hope to open a four-station batting cage," said Mr. Skully. "The batting cages will be located next to the softball/baseball fields."

With so many new innovations coming up, it's no wonder the 39th SVS Outdoor Recreation was named a five-star facility by the Air Force Services Agency.

"Part of outdoor rec's mission is to build a healthy and fun program for its members to enjoy," said Mr. Skully. "At an isolated assignment like Incirlik it's important to provide a variety of activities so people can see and do as much as possible."

New drill team shows Dyess Honor Guard's creative side

By Tiffani Bowe

Dyess Air Force Base, Texas, Public Affairs

Six members of the Dyess Air Force Base, Texas, Honor Guard completed a six-week training course recently to form the Dyess Drill Team.

The drill team performs once or twice a month at large performances, such as recruiting events at schools, air shows, retirement ceremonies, sporting events, and appreciation ceremonies. The drill team gives the honor guard members a chance to display their talents without going "by the book."

The routines are created by Senior Airman Robert Hutcheson, the drill team instructor. Unlike the honor guard, which has a leader who gives oral commands, drill team members give performances by memory and sounds using M-1 plastic stocks.

Airman 1st Class John Ramirez, another drill team member, admits he was nervous at first to perform in front of large audiences, but teamwork helped him alleviate this fear.

"It's not as much physically challenging (as it is) mentally because there are a lot of movements that you have to focus on," Airman Ramirez said.

The team performs not only on base, but also in the community and around the country.

Drill team members must pay particular attention to people in the middle so they will not be injured due to their close proximity.

"The way they're set up, they'll hurt us before they hurt somebody else, but the possibility is definitely out there," said Staff Sgt. Michael Bilharz, 7th Bomb Wing Honor



Drill team members practice a four-person performance before the Big Country Appreciation Day. During the performance, they twirled and threw rifles just inches from Col. Garrett Harencak, 7th Bomb Wing commander – a move that requires precision and strength in order to be performed safely. (U.S. Air Force photo/Senior Airman Aaron Walker)

Guard trainer. "If we don't give it 110 percent each time we go out there and do this, we could hurt somebody in the middle or hurt ourselves."

Any member of the honor guard may join the drill team after becoming comfortable in front of large crowds. Currently, only six of the 70 members of the honor guard are on the drill team.

New drill team recruits engage in rigorous training, which lasts approximately 10 hours a day every other day for six weeks, along with intense physical training.

Sergeant Bilharz, admits that joining the drill team is more physically and mentally demanding than being a member of the honor guard. Drill team members often sustain injuries such as cutting or bruising their fingers, arms and legs; but Airman 1st Class John Rorie, a member of the drill team, believes that all of the hard work pays off.

"(It's worth joining because of) the fun you have and the self-gratification you get out of it," Airman Rorie said. "People tell you, 'Wow! That's the coolest thing I've seen in a long time.'"

Dyess Honor Guard members perform a firing party routine for a retiree funeral. Servicemembers must be part of the honor guard before joining the drill team. (U.S. Air Force photo/File)





Cadets sharpen 52nd FW drill team skills

First Lt. Brian Cooper stands in the middle of fellow Saber Drill Team members Airmen 1st Class Dallas Smith, left, and Jacob McCarthy, at a practice session at Spangdahlem Air Base, Germany, recently. Eleven Academy Saber Drill Team cadets visited the air base to work with the 52nd Fighter Wing team they helped train last year. The 52nd FW team is the only one of its kind in USAFE. (U.S. Air Force photo/Master Sgt. John Lasky)

By Capt. Michael Cumberworth
52nd Fighter Wing Public Affairs

Eleven U.S. Air Force Academy Saber Drill Team cadets visited Spangdahlem Air Base, Germany, recently to work with the 52nd Fighter Wing team they helped train last year, the only one of its kind in U.S. Air Forces in Europe.

Since the team's inception last April, it has performed for the Secretary of the Air Force, at former USAFE commander Gen. Robert Foglesong's retirement, at cultural festivals throughout the area and have developed their own style of saber drill.

"These cadets worked tirelessly with the Spangdahlem AB honor guard to form USAFE's only precision saber drill team," said Col. Dave Goldfein, 52nd FW commander.

Training is key to the success of the saber drill team.

"It's been fun learning a new routine," said Senior Airman Josh Vanderbeck, 52nd Aircraft Maintenance Squadron avionics specialist and base honor guard member. "We put individuals in the middle (of a formation), do risky throws, blind throws ... you really have to trust people."

The teams performed together at a recent Airman Leadership School dinner, conducting a routine they put together in just two days.

"We were able to combine some of how we do things with the way they do things," said Cadet 1st Class Mike Orcutt, a senior cadet from Grand Junction, Colo.

Time to practice is at a premium for the base team, who also have their primary duties to cover.

"It can be difficult to get time to train new people due to the mission," said Airman 1st Class Dallas Smith, 606th Air Control Squadron computer network and cryptographic switching systems journeyman. "We appreciate (the cadets) coming out here and taking the time

to train us because we can't always afford to."

Some of the cadets who came to Spangdahlem last year returned this time either to train new people or to perform routines with the base team.

"The improvement they have made has been just phenomenal," said Cadet 2nd Class Tom Raper, a junior from Dayton, Ohio.

For the cadets, working with the Airmen has been both a leadership and learning tool while training together throughout the week.

"Being able to teach a skill to an active-duty unit, even though I am still just a cadet, is great," Cadet Orcutt said. "It is neat to be involved in somebody's development."



Staff Sgt. Ernesto Otero, 52nd Fighter Wing honor guard NCOIC, catches a spinning saber while base honor guard members Senior Airman Josh Vanderbeck and Airman 1st Class Jacob McCarthy, plus Academy Saber Drill Team member Cadet 1st Class Rhoshonda McGruder, practice their drill routine. (U.S. Air Force photo/Capt. Michael Cumberworth)

FROM THE FRONTLINES

Give 'em what they want

Hot Spot's simple motto offers many activities for after-duty hours

By Master Sgt. Andrew Gates
407th Air Expeditionary Group Public Affairs

"Give the people what they want."

That simple motto drives the men and women of the 407th Expeditionary Services Squadron's recreation center – known around Ali Base as "The Hot Spot."

"Our goal is to provide morale to the base population," said Tech. Sgt. David Paquin, 407th ESVS NCOIC of the Hot Spot. "We want to keep them busy on their off duty hours – we do that by determining what people want to do and then implement those activities."

Sergeant Paquin brings a great deal of experience to the Hot Spot and uses that experience to ensure that there are a variety of activities going on at the recreation center that people want to do.

"I saw what was going on at other deployed locations, and what got attended well," he said. "I took that and made sure that we did those activities, as well."

For instance, there were often events at the recreation center, such

as checker tournaments, that were canceled because of a lack of participation. He introduced other events – including a highly-popular Texas Hold 'em tournament to encourage people to come to the Hot Spot – or the center's larger venue, the Big Top – and participate.

"So far, our program attendance has more than doubled over those of the previous rotation," he said. "Even more importantly, we haven't had to cancel any events so far. The best way to increase morale and have people get out of their tents is to give them something to look forward to, something to add variety to their day."

He does that by making an activity schedule and then assigning one of the staff members to direct each activity – they take the ball and run with it, Sergeant Paquin said.

Making sure the customers – whether they are Army, Air Force or any other coalition partner – is a pleasure and a challenge to the staff.

"Even though I work in a different job (here than at home), the mission's the same," said Airman



Airman Mark Smitley, 407th Expeditionary Services Squadron, sells a slushie to a Hot Spot customer. Profits from the slushies and other snack items go to the Hot Spot prize fund — Services gives away nearly \$550 weekly in prizes. (U.S. Air Force photos/Master Sgt. Andrew Gates)

Chantal Stanley, deployed for the first time, from Altus Air Force Base, Okla. "I help with the morale of the troops so they can do what they need to every day. I enjoy being able to meet and talk to other people."

Another Altus deployee, Airman 1st Class Alexandro Ramos, who is on his second deployment, enjoys meeting people, as well.

"I want to make sure I ensure the safety and satisfaction of my customers," he said. "There are a lot of different individuals I get to meet – from different bases, countries and places I may not get a chance to see."

He also likes the impact his services provide.

"We're here for morale – I wouldn't like to see one of the security forces do patrols for 18 hours without their slushies," he joked.

Airman Kyle Jordan, deployed from Dyess AFB, Texas, agrees that

Continued on next page



Senior Airman Jacqueline Marshall, left, 407th ESVS, sells pizzas to two 407th Expeditionary Logistics Readiness Squadron members during the Hot Spot's Boss and Buddy night.

Ali ESVS 'gives 'em what they want'

continued from page 18

the Hot Spot has an important impact on the mission.

"We, as Services, offer many of the same things here as we do at home," he said. "We want to keep people going and keep morale high – It's great to meet new people and become friends with people from other bases."

Dealing with all these people can make life a little difficult for the staff at the Hot Spot, said Sergeant Paquin.

"We can't make everyone happy, although we try to," he said. "We

are doing a great job trying to make more of them happy, but when you change slushie flavors, for instance, someone always wants to go back to an old flavor."

The slushies, as well as a little snack bar, help the Hot Spot generate funds for other events.

"We have to self-generate our funds," said Sergeant Paquin. "If we buy a soda for 35 cents and sell it for 50 cents, the remainder goes to our prize fund – allows us to give out prizes for our tournaments and the like."

Each week, he said, the Hot Spot gives out nearly \$550 in prizes through the Texas Hold'em tournament and Bingo, as well as other events. He enjoys the flexibility that the job gives him – that he is able to plan different events to make people happy.

"I like trying new things," Sergeant Paquin said. "For instance, I started a fantasy baseball league. I increased the number of Texas Hold'em tournaments we have. It's great."



Airman Smitley mixes up a fresh batch of slushies at the Hot Spot.



Airman Smitley checks movies out to a Hot Spot patron. The Hot Spot has a wide variety of movies and games.

Snapped around Services



Tyndall reading adventures

Christa Bowman, 6, daughter of Tech. Sgt. Chester Bowman, works on sand art at the Tyndall Air Force Base, Fla., Library. During the Reading Adventure Program, children ages 6 –16 read stories, engage in activities, conduct Web quests and learn about the library. (U.S. Air Force photo/2nd Lt. Matthew Perry)

And the winner is ...

Texas Hold'em tournament winner Patricia Cuthbert and husband Staff Sgt. Ben Cuthbert, 56th Maintenance Operations Squadron Quality Assurance, load the grand prize, a 42-inch plasma screen television, into a truck. The tournament, an all-ranks event, took place once a month from January through June at the Desert Star Enlisted Club at Luke Air Force Base, Ariz. Nightly prizes valued at \$1,000 were awarded to the top 10 players each month. (U.S. Air Force photo/Bonnie Post)



Tiny dancers

From left, Kathryn Holcek, Gabrielle Davis, Emma Schwartz and Alison Ranke, students in the 5-year-old dance class at the Randolph Air Force Base, Texas, Youth Center, perform a tap dance called 'Thumbs Up' during the recent youth center dance recital at the base theater. More than 80 girls participated in the annual event. (U.S. Air Force photo/Steve White)

Snapped around Services



Think inside the bun

From left, High Country Inn dining hall staff member Betty "Boop" Duckery passes a sandwich she created to Diane Hemlock during lunch at the U.S. Air Force Academy at Colorado Springs, Colo. Ms. Duckery makes custom sandwiches and "daily specials" for customers using fresh ingredients at the dining hall's new deli bar. (U.S. Air Force photo/James Lovely)



100 percent

Jenny Klump, the Tennis Club manager at Wright-Patterson Air Force Base, Ohio, was an Honor Graduate from the Agency's Distributed learning program, scoring 100 percent on all the tests. Here she receives her certificate from Steve Carlyon, 88th Mission Support Group Services Division director, Wright-Patterson. (U.S. Air Force photo/File)



Club members take home \$1,000 in cash!

Retired Capt. Douglas Vandorpe, left, and Master Sgt. Joan Spencer, both from Davis-Monthan Air Force Base, Ariz., happily display \$1,000 in cash that each won during the 2006 "Cash Call" at the clubs. Both members were present at The Mirage when their names were called during the Cinco de Mayo ACC Family Days celebration.

Retired Capt. Douglas Vandorpe
(U.S. Air Force photo/Frances Pientack)

Master Sgt. Joan Spencer
(U.S. Air Force photo/Chris Sweeney)



McCarthy tops in Hold'em tourney



By Tech. Sgt. Arlo Taylor
314th Airlift Wing Public Affairs

Little Rock Air Force Base, Ark.'s top Hold'em players went "all in" at the finals of the Consolidated Club's Texas Hold'em finals recently.

Matthew "Cutty" McCarthy bested David "Money Matters" Faggard at the final table and took home the inaugural tournament's bragging rights and hefty trophy after knocking out Brandon LaRoch e, Hank Varner, Rick McKan, James Populis, Pete Urbach, Jared Canto and Lisa Wright.

It was a true example of student besting teacher. Early in the Texas Hold'em preliminaries, Faggard pulled McCarthy aside and gave him a tip that would lead him to his championship run.

"He taught me that when I bluff, I stare at people's eyes," said McCarthy. "I don't do that anymore."

That tip plus confidence from playing with the Wednesday night "regular" led McCarthy to his good luck at the final prize.

"We've played together so much that I learned how the other people play," he said. "It takes a bit of [skill

and luck] ... someone once told me you have to be good to be lucky."

Luck is a fickle friend as regular season point's leader Cameron Russ learned. He was knocked out of the tourney before hitting the final table.

"Texas Hold'em is a combination of skill, 'table talk' and good old-fashioned luck," he said. "You have to play your [hand] and your opponents. But in the end, it comes down what you're dealt."



Daniel Lingham, fitness center aid, coaches a fitness center customer on proper use of weight training equipment. (U.S. Air Force photo/Wyoming Rossett)

Good attitude leads to pin award

By Wyoming Rossett
15th Services Squadron

Daniel Lingham, a fitness center aide, has been named a recipient of the Hickam Air Force Base, Hawaii, Attitude Pin Award. Lt. Col. Mark Silver, Kenney Headquarters, presented Mr. Lingham with the pin after experiencing his customer service first-hand.

"His attitude is highly contagious," said Colonel Silver. "It's hard to be in a bad mood after his enthusiastic greeting every morning. Although perhaps not measurable, Daniel makes a direct impact on the productivity of the entire base."

Mr. Lingham's duties at the Hickam Fitness Center involve creating the ideal environment for anyone and everyone exercising. His work includes instructing patrons on the proper use of equipment, educating them about enhanced

fitness program levels and helping all to feel as comfortable as possible while using our fitness center.

"It's up to us to make them want to come in," said Mr. Lingham. "If they see we don't want to be here, they won't want to either."

"He is the epitome of what excellent customer service is all about," said Dawn Pierce, his supervisor.

The Hickam Attitude Pin Program was developed to reward outstanding customer service through an interactive program between front line customer service employees and their customers. It was recently expanded to also reward back-of-the-house support employees.

For Mr. Lingham earning the pin was only a small part of the reward.

"I feel that the truly best part of this job is getting to meet a variety of people on a daily basis," said Mr. Lingham.



Izmir Club tops in USAFE

Fahri Uzundag serves up the Tuesday Lunch Special - enchiladas - to Tech. Sgt. James Smith. (U.S. Air Force photos/Senior Airman Calvin Williams)

By Tanju Varlikli
425th ABG host nation advisor

Bayrakli Park's Izmir Club won USAFE's collocated club of the year award for 2006.

The award is largely the result of following the simple rule of give the customers what they want, according to Paul Freund, the 425th Air Base Group Services director.

"The Izmir Club has earned a great reputation for delivering the types of services desired by our

customers to the Izmir American Community," he said. "When talking about the types of services desired, I think a lot of that is community-wide programs, like Sports Day, Family Day or free holiday brunches for all clubmembers."

The year has been a turbulent one for the club, but not at its customers' expense. It moved twice, from Alsancak to Bayrakli Park and then from Bldg. 206 to its current location without interrupting its 24-hour service.

"This gives everyone, especially shiftworkers, a place to eat 24 hours a day, seven days a week and gives personnel a place to go relax and enjoy themselves after getting off shift. These services increase morale and quality of life," said Master Sgt. Stanley Fairchild, superintendent, Security Forces Operations.

Club programs such as complimentary Sunday brunches, karaoke, oriental dance lessons, Turkish-American nights, bingo nights were well-utilized by customers, Mr. Freund said. Add to this

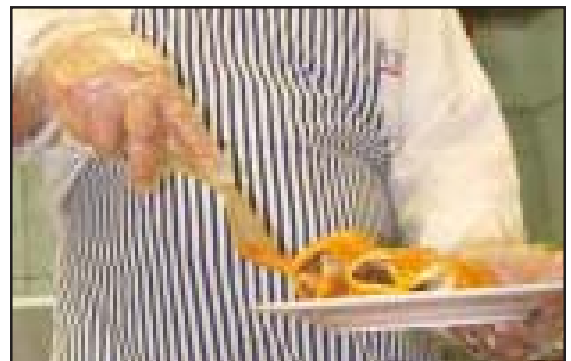
a dedicated staff of employees and the result is an award-winning organization.

"Truly, it is the excellent 24-hour personal service that makes the difference which you do not see in big state-side clubs. [Club manager James Kutrubis's] attention to detail, service for excellence and the Turkish hospitality of our club staff are the keys to our success."

Club membership reflects customer satisfaction as well. Airmen and NCOs join at an 86 percent rate and every officer assigned to the group is a member. Air Force average is 63 percent. In return, the club spends \$2.80 on total entertainment for every dollar collected in membership dues.



Julian Davis and Georgianna Henry enjoy Turkish-American Night.



Fusun Ucar brings lunch to Master Sgt. James Rush.

'Monumental' miniature golf course opens on Bolling

By Amn. R. Michael Longoria
Bolling Air Force Base, D.C., Public Affairs

The "Monumental" Miniature Golf Course at Giesboro Park at Bolling Air Force Base, D.C., may be a mini, but it's garnered major positive comments.

"It's good clean fun, family oriented and a good time," said Robert McCullough, 11th Services Division community support flight deputy.

"The kids think it's a cool thing," said Jamie Riggs, the school age program coordinator at the child development center. "They like that it is new and something different."

The CDC takes 120 children to the course every other week. The children like doing different things, Mrs. Riggs said. "They went when it was raining, but they didn't like that."

The 18-hole miniature golf course is open daily from 11 a.m. until 7 p.m. The course is open to anyone who can gain access to Bolling and costs \$3 per person for 18 holes. All E-1s through E-4s golf for \$1 on Thursdays. The Snack Shack is also open for customers to purchase food and drinks.

Each hole has a Washington-inspired theme, such as the Pentagon, the White House, and the Washington Monument. "The children really like the hole with the Humvee statue," Mrs. Riggs said.

The parts were manufactured by Mini-Golf Inc. and assembled by 11th SVS and outdoor recreation. It took two weeks to assemble after the parts arrived. The cost was approximately \$25,000.



Members of 'The Chief's Own' compete at the Monumental Miniature Golf Course on Bolling during the 11th Wing Sports Day. (U.S. Air Force photo/Senior Airman Desiree Andrejczik)

Art world meets digital world

From left, Nancy Wilberg, Patrick Air Force Base, Fla., Arts and Crafts Center director, and Nancy Watts, illustrator for the 45th Services Squadron Marketing Office, look over several acrylics that are potential entries into the new Web-based Air Force Artists/Craftsman and Photography Gallery Showcase. Winners receive a CD of the showcase and a coin. Each showcase will be displayed on the Web site for one year. The acrylics were painted by Ms. Watts. (U.S. Air Force photo/Lori Peppers)





Andrews lodging projects receive extensive review

By Margo Turner
Andrews Air Force Base, Md., Public Affairs

Two lodging construction projects at Andrews Air Force Base, Md., came under close scrutiny during a 95 Percent Review Meeting recently in the Gateway Inn.

The meeting included James Murray, 316th Services Squadron lodging general manager, and representatives from Headquarters Air Mobility Command at Scott Air Force Base, Ill., Air Force Services Agency in San Antonio, Texas, 316th Civil Engineer Squadron, Naval Facilities Engineering Command at the Washington Navy Yard, and Jacobs Facilities Inc., an architectural firm in Arlington, Va.

"This is the next to the last meeting we'll have before the contract goes out for bid," said Mr. Murray. "Nothing has changed in the timelines for the construction at this point."

Construction of a new 50-unit temporary lodging facility and a new 265-room visitors quarters hotel are scheduled to begin in mid-2007.

Mr. Murray said the 60 TLFs cottages located across from the Four Seasons, which is between Colorado and Brookley Avenues, will be demolished in October.

The new 50-unit TLF will be built at the site with occupancy scheduled for December 2008.

Plans for the 50-unit TLF call for a two-level facility, said the lodging general manager. The building will have 24 one-bedroom units and 26 two-bedroom units. A washer, dryer and dishwasher will be furnished in each unit.

The new hotel will be built where 12 cottages are currently located behind Gateway Inn, said Mr. Murray. Demolition of the cottages will start at the end of this year.

Mr. Murray said the new hotel will be three stories high and offer amenities similar to those at hotels throughout the Washington, D.C., area.

Thirteen of the rooms will be designated as business suites, while the other 252 rooms will accommodate officers and enlisted members.

With the new hotel, there won't be separate facilities designated as Visiting Airman Quarters and Visiting Officers Quarters here, said Mr. Murray.

The two Gateway Inn administrative buildings will remain in operation at their current site on Arkansas Road during construction, said Mr. Murray. One building includes the front desk and administrative offices. Space is provided for housekeeping and lodging training in the other building.

All new TLFs and VQs will have interior entrances, which eliminate the need for Gateway Inn employees to enter the facilities from the outside, said the lodging general manager.

Mr. Murray said there are other lodging projects, which have been completed or are nearing completion.

The 28-room Visiting Airmen Quarters located across the street from the Freedom Hall Dining Facility were torn down last fall, he said.

Demolition of two bedroom units across the street from Malcolm Grow Medical Center started in May, said Mr. Murray. Demolition hasn't been scheduled for five other lodging facilities, which are currently closed.

When all lodging facilities are demolished, the number of available rooms will have decreased from 419 to 156, said Mr. Murray. There will be a loss of 60 additional lodging facilities due to the new hotel.

The Gateway Inn will have 76 VQ rooms and 20 TLFs for families of servicemembers PCSing.

"Temporary duty personnel are our first priority," said Mr. Murray. "We will provide lodging on a first-come, first-serve basis."

Learning at the Lackland library



Airman James Robinson, a student with the 343rd Training Squadron, takes advantage of the computer and Internet resources at the Lackland Air Force Base, Texas, main library recently. All three library branches have computers available for patrons to use. Resources include Internet, CD burners, Microsoft Word, ICS viewer, memory card readers, e-mail, scanners and fax. (U.S. Air Force photos/Senior Airman Danielle Johnson)



Hunter Johnson, at left, and Julian Johnson check out the main library's children's collection after a day of learning at the Kelly Field Child Development Center. Lackland's library resources are taken to all three of Lackland's child development centers to further the children's story hour program.

Library technician Elenita Wood scans a book for check out. In addition to regular checkout services, the libraries offer interlibrary loans, paperback swaps and book exchange services.



Airman 1st Class Misty Peterson browses for books at the main library. The library's collection includes McNaughton Best Sellers, large print, fiction, mystery, western and science fiction. They also have an extensive children's collection, which includes Hooked on Phonics and three Ready to Read program kits at the main library. Periodicals, such as magazines and newspapers, music CDs, games, books on tape and CD, puzzles, VHS and DVD videos, and study guides for tests such as CLEP/DANTES are available. The main library also features seven soundproof booths of various sizes, a service no other Air Force base offers. Each booth contains audio cassette, CD, VHS and DVD equipment.



Saddle up...

By Len Cox
Kirtland Air Force Base, N.M.,
Public Affairs

Savor a slice of western life by taking part in outdoor recreation with a horseback ride. Roy Rogers used to energize the limelight of cinematic westerns. Louis L' Amour wrote western novels about the struggles of good guys, bad guys and heroines. Horses are a common thread in their stories.

"Our ride is not like it is in the movies or western novels. There is no galloping," said Andy

Mendoza, from the 377th Services Squadron's outdoor recreation office at Kirtland Air Force Base, N.M.

From outdoor recreation's office, a shuttle delivers participants to the stable where a guide will have the horses saddled and waiting. The Sandia mountain foothills are the backdrop for this horseback ride.

Riders followed a guide single file though a wooded area before crossing a creek. The horses were allowed to catch their breath after



and ride

climbing to the top of a ridge before continuing. Horses and riders were loosened up by this time of the ride. The guide allowed a bit of trotting through a cedar and piñon tree wooded area.

Joni VanMeir, outdoor recreation's director, has suggested clothing to consider.

"Sturdy boots or hiker type shoes, for covering and protecting the feet, are best for stirrups," said Ms. VanMeir. "Long pants are better than shorts, but shorts will work for the half-day ride. A long sleeve shirt is better than short sleeve. Apply sunscreen on any exposed skin. Wear sunglasses and a helmet or some type of hat to protect your eyes and head."

In addition to suggested clothing, technique is involved.

"A rider is the pilot, and a gentle hand with the reins is a good policy.

From a neutral position, neck-rein right or left to change direction," Ms. VanMeir said. "Pull the reins slightly straight back to slow or more firmly to stop. After such direction or motion change, give slack to the reins, which is the western style."

"I had a lot of fun and it was a nice way to spend a Saturday morning. The weather was awesome. My horse's name was Little Bay and trotting was the most fun," Lisa Galles said.

Horses have a pecking order and "Scratches" was a new steed in the bunch.

"Scratches was a little nervous but the ride was great," said Tech. Sgt. Herman Gabaldon, New Mexico Air National Guard.

Want to savor this slice of western life? Adults and teenagers must be able to ride unassisted. These rides are scheduled for every other Saturday.



Above right, sisters Lisa and Alisha Galles returning from the half-day ride. Above, Tech. Sgt. Herman Gabaldon, N.M. Air National Guard, and horse Scratches pause before continuing the trailride. (U.S. Air Force photos/Len Cox)

Snapped around Services



Warren Honor Guard helps celebrate those who gave their all

Members of the F.E. Warren Air Force Base, Wyo., Honor Guard march with the flag during the 2006 Memorial Day ceremony at Beth El Cemetery in Cheyenne, Wyo. (U.S. Air Force photo/Senior Airman Tessa Cubbon)

Auto skills

Retired Master Sgt. Levi Wares works on the fuel filter of his truck at the Eielson Air Force Base, Alaska, Auto Skills Center, located on Arctic Blvd., Bldg. 3360. (U.S. Air Force photo/Airman Jonathan Snyder)



Youthful exuberance

Children play under a parachute in Pine Valley Park at the U.S. Air Force Academy in Colorado Springs, Colo., as part of Fit for the Future, a free Family Child Care program that promotes fitness by offering fun activities and healthy snacks for children. The program, now in its third year, is open to all DOD identification card holders and their families. (U.S. Air Force photo/Staff Sgt. Monte Volk)

Command participation totals highest in three years

AMC's MatchUP program wraps up



By Scott Black
Air Mobility Command Services

MatchUP — Air Mobility Command's summer promotion ended recently. An interactive, web-based program, MatchUP is in its second year after six extremely successful years of the Around The World In Ninety Days program.

AMC Services developed MatchUP to help increase awareness and participation in Air Force programs, services and activities. According to command MatchUP officials, the program more than achieved its goal.

"MatchUP continues to exceed expectations in both participation and overall benefits to Services programs and activities. Building on the earlier success of ATWIND, the program is tweaked each year based on customer feedback, trends and command goals," said Sam Parker, Chief, Community Support Branch for AMC Services. "This year's program was extremely customer friendly with all prizes being awarded online resulting in 'instant' gratification. MatchUP 2006 saw more than a 7,700 increase in participation from 2005.

"Apparently the AMC community enjoys winning some great prizes, and who wouldn't?"

Mr. Black said this year nearly 50,000 MatchUP participants registered and actively participated in the program.

For four lucky MatchUP participants, playing MatchUP meant winning some big prizes. The top prize winners won \$10,000, \$7,500, \$5,000 and \$2,500.

Kimberly Burr from Scott Air Force Base, Ill., was the top prize winner.

Airman 1st Class Dustin Jenne (Fairchild AFB, Wash.), Maj. Timothy Whitmire (Travis AFB, Calif.) and Molly Alworth (daughter of Airman 1st Class Janet Alworth at McConnell AFB, Kans.) were the other grand prize winners.

Col. Benjamin Trotter, AMC Chief of Services Operations, said plans are already underway for next year's program.

"We look forward to building off this year's success," said the colonel. "You can look for the same quality, great prizes, and something the whole family can enjoy again during the summer of 2007.

"Based on feedback we received from participants throughout the command, the vast majority of AMC truly enjoys playing this 'concentration-style' MatchUP game along with the chance to win some great prizes for themselves and their base."

MatchUP 2006 provided each AMC base with a guaranteed \$1,000 and \$500 cash prize winner.

Additionally, each base and participating Guard/Reserve/tenant/enroute unit had a weekly \$100 cash winner for its top scorer in the MatchUP competition.

AMC bases that reached their MatchUP participation goal shared \$100,000 in fiscal 2007 Quality of Life enhancement funds provided by AMC.

Installations receiving QOL funds are Dover AFB, Del. (\$25,000) Pope AFB, N.C. (\$17,500), Travis AFB (10,000), McConnell AFB (\$7,500), Charleston AFB, S.C. (\$5,000), Fairchild AFB (\$5,000), Grand Forks AFB, N.D. (\$5,000) and Scott AFB, Ill. (\$5,000).

Commercial sponsorship support from USAA, Coca-Cola, Tyson, First Command and ASPEN Marketing Services provided more than \$111,000 in cash and prizes for the MatchUP program.

For a complete list of MatchUP grand prize winners, log on to www.amcmatchup.com.

Patrick Auto Hobby offers free car care classes

By Lori Peppers
45th Services Squadron

If you are like most people, your automotive knowledge is predicated by past experiences when something went wrong with your car.

The Patrick Air Force Base, Fla. community can rest easy, by taking advantage of a variety of "How To" classes that focus on simple auto repair and maintenance of your vehicle.

The weekly one-hour classes are offered free to base personnel and their family members by the Auto Hobby Shop. Conducted by the professional mechanics that staff the Auto Hobby Shop, they provide instruction as fully Certified ASE auto technicians.

"The class subjects address real life situations that any car owner or

driver would face," said mechanic Gary Halberstadt.

The class conducted by Mr. Halberstadt on this evening covered basic car care and targeted military spouses and family members. After a brief "tour" of the undercarriage, Mr. Halberstadt actually changed the oil and filter, step-by-step.

According to Mr. Halberstadt, one of the shop's hydraulic lift bays is dedicated to customers just wanting to change their oil and filter, or lubricate their front-end.

"The customer wants to get in and out, and can do oil and filter change in 20 minutes, if he or she doesn't have to wait," he said, "all for just a \$2 fee for use of the stall."

Stall fees run customers \$3 an hour, including all the help and all of the tools you need. The shop does not sell products, so it's important to know your car's engine size and other technical requirements before buying any supplies.

In the same class, Mr. Halberstadt went over how to perform a check of other fluids, how to check the window wipers for wear, and how to test the tire pressure and for wear.

"I decided that I wanted to feel as comfortable with my car as I am with a computer. These

classes are great opportunities to develop some degree of competency, they're convenient and you can't beat the price," says 19-year old Zach Neyland, a university computer science student, who attended this class.

According to Nancy Wilberg, director of the Arts & Crafts Center, which includes the Auto Hobby Shop, "The main intent of these classes is to try to put people at ease and more comfortable around their car. Some come into the shop and are afraid to ask questions."

"We want them to know that we're there to help people help themselves," she explains, "and how are they going to learn to do some minor repair on their car, unless they are taught? We want to familiarize customers with the service that the Auto Hobby staff provides."

"I basically come here because it's inexpensive for me and there is a sense of accomplishment when I finish," says Jennifer Martinez, 23-year old daughter of The Tides' manager Johnnie Rivera, and a full-time Brevard Community College student. Ms. Martinez is a regular customer of the Auto Hobby Shop.

A series of seven "How To" classes rotate on Wednesdays; students may participate in any or all of them.

The classes include "Basic Car Care", "Undercarriage Inspection", "Know, maintain and replace your brakes", "Pre-Summer Car Inspection", "Keep your car looking good-protecting your car's finish", "Maintenance and care of your A/C system", and "Diagnose a problem - know your engine codes and how to find them."



At Patrick Air Force Base, Fla., Auto Hobby Shop mechanic Gary Halberstadt points out the location of the oil filter to his student, Zach Neyland, son of retired Lt. Col. David Neyland. The 19-year old full-time college student wanted to familiarize himself with how his car works to save money. A series of seven one-hour "How To" auto maintenance classes are conducted free of charge by the Auto Hobby staff. (U.S. Air Force photo/Lori Peppers)

Mildenhall Auto Hobby Center

Offering mechanical advice, expertise whenever needed



Jason Butnor, left, a civilian mechanic at the auto hobby center, helps customers sign out vehicle bays. The auto hobby center also offers its customers a car care course — the First Steps program. It's free to all ID cardholders and is held the last Thursday of each month.



Nick Turmaine, a civilian mechanic at the 100th Services Squadron Auto Hobby Center, formerly known as the auto skills development center, replaces flexible brake hoses on a customer's car. The auto hobby center has mechanics available to provide regular vehicle maintenance, including tune ups, oil changes, brake checks and suspension work. Mechanics are available Monday to Friday, and the vehicle bays are open seven days a week, allowing customers to work on their own vehicles. The auto hobby center is open to all ID cardholders, including Ministry of Defense employees. However, MoD civilians have to pay value added tax and must purchase the required parts off base and provide them to the auto hobby center mechanics. Military members, Department of Defense civilians, retirees and their families can purchase parts on base at the tax-free facility. (U.S. Air Force photos/Senior Airman Cecil McCloud)



Senior Airman Aaron Brandt, 100th Communications Squadron, uses a lift bay to raise his vehicle off the ground before performing general maintenance on it. Auto hobby center mechanic trainers are available to provide advice and help to customers doing their own work. The service is free. Bays are rented on a first-come, first-served basis.

Laughlin Air Force Base, Texas



Ramona Garcia

Front desk clerk, Laughlin Manor
47th Services Division

Hometown: San Angelo

Family: Husband, Jessie, son, Jessie Jr.,
and daughter Marisa

Time at Laughlin: 9 years

Time in service: 7 years (Non-appropriated fund civilian)

Bad habit: Procrastination and staying up too late at night

Greatest accomplishment: Being married for 18 years to a wonderful man, being supportive to his military career and raising two equally wonderful children



Ramona Garcia

(U.S. Air Force photo/Senior Airman Olufemi Owolabi)

Hobby: Reading

Favorite movie: "Ever After"

"Mrs. Garcia's impact on the comfort and happiness of all Laughlin Manor guests goes without saying. She is truly an XLer very deserving of this recognition."

— Tech. Sgt. Walter Anderson, 47th SVS



Samurai warrior of the week

Yoshiyuki "Zenko" Tamura, Auto Hobby Center manager at Yokota Air Base, Japan's 374th Services Division, is this week's Samurai Warrior of the Week for exhibiting the Bushido qualities of politeness and respect for etiquette, sincerity and respect for ones' word of honor and self-control.

Mr. Tamura leads a team of expert automotive repair instructors and mechanics in running one of the premier auto hobby shops in the Air Force. During the past year, he has introduced auto air conditioning service, detailing, audio system installation, window tinting and organized the First-ever Auto Hobby Car Show. He is also instrumental in organizing 35 musical acts for the upcoming Friendship Festival.



Yoshiyuki Tamura

(U.S. Air Force photo/File)

Warrior of the Week

Senior Airman Shikia Roundtree

Unit: 99th Services Squadron, Nellis Air Force Base, Nev.

Duty title: Lodging specialist



Senior Airman Shikia Roundtree (U.S. Air Force photo/File)

Time in Air Force: 3 years, 6 months

Time on Nellis: 3 years, 3 months

Hometown: Baltimore

Hobbies: "Sports and being with my daughter Sh'kayla."

What's your favorite Air Force memory? "Being reenlisted by Chief of Staff of the Air Force Gen. T. Michael Moseley Feb. 10."

If you could improve one thing on Nellis: "Increase the amount of activities available on base for single parents of young children."

Supervisor's quote: "Shikia is a sharp, hard-working young lady. She has stepped up and taken on the roles typically reserved for a technical sergeant during our present Aerospace Expeditionary Force cycle. Her customer service and work ethic separates her from her peers," said her supervisor, Master Sgt. Charles Kimble.

Langley Air Force Base, Va.,

Civilian of the Week: **Sonja Clark**

Unit: 1st Services Squadron

Job: Child Development Center lead desk clerk

Hometown: Chicago

Career goals: I'd like to be the next assistant director of the CDC

Time at Langley: 10 months

Civil service time: 14 years

Hobbies: Traveling, bowling, movies and shopping

The thing I like most about my job is: working with such strong individuals. I love a challenge – every day.

Best Langley memory: Letting my son grow the day he left for the Air Force



Sonja Clark (U.S. Air Force photo/File)

HAVE YOU HEARD?



SVS folks in the news

FROM THE FRONTLINES

Sharp Troop of the week



Staff Sgt. Amber Amerson
380th Expeditionary Services
Squadron
Home Station: MacDill Air Force
Base, Fla.
Time in Service: 5 1/2 years
Goals while deployed: Continue
my education and doing the best job
I can.

Supervisor comments: Staff Sgt. Amber Amerson arrived at here on the day of the Temporary Cantonment Area move and was immediately challenged to provide recreation activities for the base.

She has the confidence and determination needed to provide top quality service to her fellow Airmen. She knows what the job is, how to do it, and more than anything else, always exceeds expectations.

FROM THE FRONTLINES

407th Warrior of the Week



Airman Dustin McBroom
Unit: 407th Expeditionary Ser-
vices Squadron

Duty title: Lodging Apprentice
Home station: 7th Services
Squadron, Dyess Air Force Base,
Texas.

Why other warriors say he's a
warrior:

"Airman McBroom is our number 1 go-to guy! He improves the quality of life for all tent residents by delivering mattresses, refrigerators and lockers on a daily basis. He learned all lodging responsibilities during the absence of incoming leadership; he ensured a smooth rotation and continuity between AEF 9/10 and AEF 1/2." — Tech. Sgt. Denell Montanaro, (Lodging Manager) 407th ESVS

Hobbies: "Motocross Racing."

FROM THE FRONTLINES

379th Warrior of the Week



Staff Sgt. Jermaine Carr
Dining Facility Shift leader
379th Expeditionary Services
Squadron

Hometown: Hattiesburg, Miss.
Home station: 172nd Airlift Wing,
Thompson Field, Miss.

Days in the AOR: 41
Deployment goals: To get into
shape and expand on my educa-
tional goals.

Best part of the deployment: The
cookies!

Hobbies: Watching movies and
reading.

Best Air Force memory: Being
stationed in Aviano Air Base, Italy.
(U.S. Air Force photo/Senior
Airman Melissa Padilla)



More SVS folks in the news

934th youth bound for space camp

Eric Dunham, 16, was selected to attend this year's space camp in Huntsville, Ala. He is the son of Staff Sgt. Paul Dunham, 934th Airlift Wing historian, Minneapolis-St. Paul International Airport, and his wife Paula. Eric is pictured here with a rocket he launched for an aerospace class in May. He is only the second youth from the 934th AW to be chosen to attend space camp. The week-long camp he will be attending is offered by the Air Force Family Member Programs. The 934th Services Squadron oversees the program at the 934th Airlift Wing. (U.S. Air Force photo/File)



Sheppard names Peszynski 2006 Youth of Year

Danielle Peszynski, 15, a student at Hirschi High School and daughter of Master Sgt. Frank Peszynski, 382nd Training Squadron, was chosen as Youth of the Year for

Sheppard Air Force Base, Texas. Maj. David Ellison, Services Division deputy director, presented Ms. Peszynski with a teddy bear for her efforts.

Ms. Peszynski is a member of several organizations at Hirschi, including the Academic Success Program, the International Baccalaureate Program, the National Hispanic Honor Society, the varsity band, the varsity swim team, the Key Club, and Hirschi's Academic Achievers.

Ms. Peszynski also works with the Madrigal Youth Center's Youth Employment Skills Program, saving her earnings for her future college expenses.

Ms. Peszynski's future plans include attending the University of Hawaii, majoring in either medicine, education, visual and performing arts, or veterinarian medicine.



Danielle Peszynski, Sheppard's Youth of the Year (U.S. Air Force photos/File)

Team Minot warrior spotlight

Airman 1st Class Eric Liberty

Unit and occupation: 741st Missile Squadron, senior missile alert facility chef

Hometown: El Segundo, Calif.

Time at Minot: Two years

Time in Air Force: Two years, six months

Hobbies: Swimming and water sports

Favorite song: "Say it ain't so" by Wheezer

Favorite book: "Harry Potter and the Sorcerer's Stone"

Favorite movie: "Fear and Loathing in Las Vegas"

Favorite TV show: "The OC"

Favorite food: Fish

What do you find to be the most unique part of your job? Customer service

Why did you join the Air Force? Family tradition

What are your goals in life? To make chief master sergeant

Who is your hero? My father



Airman 1st Class Eric Liberty, 741st Missile Squadron senior missile alert facility chef, prepares food at a missile alert facility. (U.S. Air Force photo/File)

Lyrics, laughter, lessons learned

59th Med Wing member shares story of Tops In Blue experience

By Master Sgt. Kimberly Spencer
59th Medical Wing Public Affairs

When can you dance and sing, make 30 new friends and learn some valuable life lessons, all while you work?

When you're a member of the Tops In Blue, the Air Force's premier entertainment troupe, according to Senior Airman Tiffany Vidal.

Airman Vidal recently returned to her duties as a ward clerk in the 759th Surgical Operations Squadron at Lackland Air Force Base, Texas, after spending a year traveling and performing with the Tops In Blue.

"I've always loved to sing. It's one of my hobbies," said the soprano. "When I entered into the military and heard so many great things about the Tops In Blue I was thrilled."

Airman Vidal first auditioned for the 2004 team. Unfortunately, Airman Vidal did not make the cut that year. However, that audition did lead to her recruitment the following year.

Being on the team usually requires leaving your family behind. But, fortunately for this Columbus, Ga., native, that wasn't the case.

"The absolute best part was experiencing Tops In Blue with my husband who was also on the team," she said.

Airman Vidal's husband, Staff Sgt. Timothy Vidal who works at

Randolph, was already on tour, so she was able to join him.

She also had the support of her unit at the Wilford Hall Medical Center.

"Fortunately, I had a great deal of support from those who are important to me. I was very surprised my commander let me go," said Airman Vidal.

"It was a once-in-a-lifetime opportunity," said Airman Vidal. "It was one of the hardest things I have done in my entire life. But, on the other hand, I had the most fun I have ever had!"

The hard part included setting up and tearing down the 58,000 pounds of equipment used for each show. The young Airman also worked as a rigger, ensuring the stage was stable and properly prepared for performances.

The Airmen kept pace with a rigorous schedule that took them to such places as Portugal, Honduras, Japan, Hawaii, Alaska, Iraq, France, Italy, Germany and many major U.S. locations, which included the White House and the Mississippi coast following the hurricanes.

"We didn't have very many days off," said Airman Vidal. "Our days ranged from 16 to 24 hours, with only about 17 days off total for the whole year."

While tough, it was also very rewarding, said Airman Vidal.

"It boosted my confidence in myself and taught me how to be more professional. I learned a lot



Senior Airman Tiffany Vidal finished a year of performances with the Tops In Blue at Lackland in March. (U.S. Air Force photo/File)



Senior Airman Tiffany Vidal replenishes the forms used by the medical staff in the Cardiac Care Unit of the 759th Surgical Operations Squadron at the 59th Medical Wing at Lackland Air Force Base, Texas. (U.S. Air Force photo/Master Sgt. Kimberly Spencer)

about how to work with others and be more creative. It was definitely a big learning experience!"

Airman Vidal advises those interested in becoming part of the Tops In Blue to be sure it is what they want to do.

"It takes a lot of hard, hard work, dedication, patience, sacrifice and discipline. If you don't already have these qualities, you will definitely learn them while on tour," she said.

Cured of her life-threatening cancer, this Luke vocalist is a



Thunderbolt in tune

Staff Sgt. Tenisia Jones was ready to leave her maintenance job and give in to cancer until Tops In Blue raised her spirits. She says she's happy to sing the Tops In Blue praises. (U.S. Air Force photo/Tech. Sgt. Shawn McCowan)

In 2001, Sergeant Jones was given a shocking test result after a routine checkup. She was diagnosed with cancer. After the initial shock subsided she fell into depression.

"I couldn't believe it was happening. I was a pretty upbeat person. I enjoyed my military job. I loved listening to music and dancing. Suddenly I didn't want to go to work or put on a uniform or even leave my room," said Sergeant Jones.

Chemotherapy treatments were working and doctors had hopes for a complete recovery, but her depression continued as she suffered its terrible side-effects.

"I was ready to leave the military," she said. "Nothing mattered to me anymore because I lost hope. I had first sergeants and friends telling me not to give up, but the words just sounded like a recording of some briefing to me."

One night her coworkers and friends managed to get her to join them at a Tops In Blue concert.

Their message was music to her ears.

Ultimately, it was her love of music that helped save her. And she credits Tops In Blue for giving her something to fight for.

"The music spoke to me so much more than any spoken words. Their message was so inspiring and positive. As the show went on I tried to keep from smiling because I was used to frowning, but I couldn't. By the end of the concert I was crying, but not because I was sad. I felt the desire to keep trying," she said. "Tops In Blue saved my career. Their music and message gave me something to fight for."

Sergeant Jones fought and won. She stayed in the military. She beat her cancer, and she decided to give back to those who helped her.

"I owe this team so much. I'm so happy to be here to return the favor to this program. I hope just one person out there is inspired the way I was."

By Tech Sgt. Shawn McCown
Luke Air Force Base, Ariz., Public Affairs

Every year 34 Air Force men and women are chosen to leave their day-to-day military jobs and become Air Force entertainers as members of Tops In Blue. During the 2006-2007 season, one of those entertainers took a year away from her job at Luke Air Force Base, Ariz.

Before joining the Tops In Blue team, Staff Sgt. Tenisia Jones, a vocalist, was an information manager with the 56th Component Maintenance Squadron.

These days she smiles with anxious anticipation before taking the stage, but just a few years ago she was given news that nearly ended her career and made her fear for her life.

Officers' Club snags ex-Broadmoor chef

*CIA grad puts emphasis on cooking
from scratch, fresh ingredients*

Chef Mike Pirillo puts the finishing touches on a dish of Italian sausage and peppers before a recent function. A native of an Italian section of Brooklyn, N.Y., his specialty is Italian cooking. (U.S. Air Force photo/James Lovely)



By James Lovely
U.S. Air Force Academy Marketing

The U.S. Air Force Academy Officers' Club has a new fresh chef. Not to be confused with a French chef, Michael Pirillo believes in the power of fresh ingredients.

Chef Mike, as he likes to be called, took over the kitchen at the club, and it hasn't been the same since.

"The first thing that I do when I come in, is become familiar with my employees and the product," he said. "I found we were using a lot of canned and pre-made products. Now, we're doing a lot more from scratch. For example, our sauces are made with real demi-glace made with veal bones and we roast the bones in our kitchen."

His emphasis on fresh doesn't stop with the sauces.

"Our members are noticing the freshness of our food – the fresh herbs and fresh vegetables we're

using," he said. "When I got here, all our dinner vegetables were frozen. Now, they're about 90 percent fresh."

The membership has noticed the difference, too.

"During the time he's been here, many people have remarked – and I've noticed, too – that the presentation and taste of our food has increased dramatically," said John Noble, clubs manager. "But, it's not one bit surprising."

He went to school at the Culinary Institute of America. The CIA produces the best chefs in the nation."

Chef Mike began his post-CIA career at the Village of Breckenridge Resort Hotel where he moved through the ranks in short order and was soon creating menus and running a restaurant. From there, he went to the Broadmoor Hotel where he was demi chef (second in command) at Charles Court and Julie's Cafe, and chef at The Tavern.

"I took this position here at the club because it is very challenging," Chef Mike said. "We've made improvements, but I want us to be better. I have a very young staff and training them is a big key to make this all come together. It's going to take a little time and patience."

A native of an Italian enclave in Brooklyn, N.Y., Chef Mike is of Italian and Spanish descent. Growing up, he was inspired by watching his grandmother cook. It's not surprising then, that his specialty is Italian food.

In fact, Chef Mike once owned a popular and critically acclaimed Italian restaurant in Colorado Springs.

And, although he's learned that good food begins with fresh ingredients, he knows it takes more than that to get to the next level.

"I put a lot of time into my food when I cook. I believe that a good culinarian is dedicated and cooks from the heart," he said.



Team Pete reservist earns Air Force award

Senior Airman Elisha Olivas, 302nd Services Flight services technician, earned the Air Force Services Air Reserve Command Airman of the Year award. (U.S. Air Force photo/Tech. Sgt. Tim Taylor)

By Tech. Sgt. David Morton
302nd Airlift Wing Public Affairs

Senior Airman Elisha Olivas, 302nd Services Flight services technician at Peterson Air Force Base, Colo., credits volunteering for many different activities throughout her short military career for shaping her life. She also thinks it may be the reason she was named Air Force Services Air Reserve Command Airman of the Year.

"I wanted a different form of discipline and the military has created a strong foundation for me," she said. "It gave me a platform to express myself. It gave me a compass to recognize my goals, and the means to achieve them. I think volunteering helped me get this award."

The opportunity to put to practice what she preaches came in May 2005 when she volunteered for a 120-day Air Expeditionary Force tour at Al Dhafra Air Base in the United Arab Emirates.

During her stay she was a member of the base honor guard, the point of contact for the United Service Organizations, drill-team member, part of a search and recovery unit and taught kick-boxing.

"Going overseas was another pivotal point in my life," said Airman Olivas. "It helped me learn about myself and there were other goals I wanted to achieve."

Teaching kick-boxing was the easy part for the former professional boxer who placed fifth as an amateur in the 1999 boxing nationals.

"I learned to box at an early age while attending Abraham Lincoln High School in Denver," said Airman Olivas. "It's one hobby that helped me relieve my frustrations, and changed my path in life completely. You must have goals in life and go for them. If you don't, you wander. When you wander you get into trouble."

She also competed in basketball, swimming and soccer while lettering in track and cheerleading. If that wasn't enough, she continued to work part-time while attending school.

Airman Olivas is going to the Community College of Denver with designs on a career in forensic chemistry to work in a crime lab.

"I'm only going through the basics right now, and attending school part-time," said Airman Olivas. "Eventually, I would like to find a way to go to school fulltime – and also get a masters degree in Eastern medicine for acupuncture."

When not busy with her duties at the 302nd SVF, going to school or pursuing other hobbies; she finds time to spend with her 5-year-old son and 4-year-old daughter.

"That's my favorite hobby," she said. "I love life, and I love the military. I have a mutual motivation for other people, and want to see them have self-love for themselves. To see them achieve their goals."

Achieving goals didn't go unnoticed by her peers.

"We submitted a topnotch package on her behalf," said Master Sgt. Terry Brassard, 302nd SVF NCO in charge of plans and force management. "This is a very deserving award with respect to all her achievements. It couldn't have happened to a better Airman."

Names, faces in the news

Hickam Airman earns CCAF degree

Master Sgt. Ricky Woods, 15th Services Squadron, recently earned his CCAF degree.

Davis-Monthan Airmen, civilians take home awards

The Davis-Monthan Air Force Base, Ariz., community won many Department of Defense, Air Force, 12th Air Force and Air Combat Command-level awards during 2005.

"I am extremely proud of the Airmen and civilians we have at Davis-Monthan," said Col. Michael Spencer, 355th Wing commander. "Each award presented here has each and every person's handprint on it. The award winners could not win without the support of those around them."

Air Force Services
Civilian Manager of the Year
Daniel Baker

355th Services Squadron
"Always be professional and never do anything that would embarrass yourself or your unit. Always place integrity first," he said.

Air Force Services
Program/Flight awards
Arts and Crafts program

Air Force Innkeeper Award
355th Service Squadron
The Inn on Davis-Monthan

Minot quarterly awards

The following were recently recognized with quarterly awards for the first quarter of 2006.

Non-Appropriated Funds - Regular of the Quarter:

Diana Rommel, 5th Services Squadron

Non-Appropriated Funds – Flex of the Quarter:

Danielle Dina, 5th SVS

Osan quarterly award

Trades, crafts and Laborer
Person of the Quarter
51st Services Squadron
Pyong Chol Sin

Mr. Sin is a junior chef at the Osan Air Base, Korea, Officers' Club. His supervisor, Duck Choi, said Mr. Sin's initiative made him deserving of this award.

"Mr. Sin is an invaluable asset to the officers' club. He shows a desire to excel, and an outstanding knowledge of food preparation operations — his performance has been exceptional.

"Mr. Sin has worked at the officers' club for two years and his institutional knowledge of the food preparation and his outstanding performance have gained him many laudatory comments from the customers who have visited the Osan Officers' Club."



Pyong Chol Sin



S-J ALS graduates

Graduation ceremonies for the CMSAF James C. Binnicker Airman Leadership School Class 2006-E at Seymour Johnson Air Force Base, N.C., were held recently. Two of the graduates were **Senior Airmen Nehemiah Pereira and Jacqueta Turner**, 4th Services Squadron.

Sourdough Spotlight

3rd Wing/Team Elmendorf
Quarterly Award Winner
Civilian Category I
Cherie Curtis
3rd Services Squadron

Honor Guard Spotlight

Senior Airman Holly Veale
6th Services Squadron
MacDill Air Force Base, Fla.

Job: Fitness specialist
Hometown: Tampa, Fla.

Reason for joining the Honor Guard? To pay final respects to the heroes and their families who fought before us for our freedom.



Senior Airman Holly Veale (U.S. Air Force photo/File)



Kelly Love (U.S. Air Force photo/File)

Andrews sports director dedicates hours to children, teens

By Jesse Jackson
Andrews Air Force Base, Md.,
Youth Center Teen coordinator

Kelly Love oversees the youth sports and fitness program at the Andrews Air Force Base, Md., Youth Center. The program includes administration of seven different sports seasons, multiple athletic camps and Air Force fitness programs, serving more than 700 military youth each year.

The wife of Staff Sgt. Aaron Love, 89th Aerospace Medicine Squadron aero-space physiology technician, Mrs. Love works hard to provide a non-competitive, fitness-based sports program for youth ages 6 to 18 of servicemembers or Department of Defense civilian employees.

The sports program runs continuously throughout the year with seasons of soccer (fall and spring), basketball, flag football, cheerleading and baseball.

Ms. Love has dedicated several years to creating quality programs for military youth.

She received her Bachelor of Science degree in Psychology from Radford University in Radford, Va. After serving as manager of the Gateway Pool for four seasons, she transferred to the 89th Services Squadron Family Member Programs Flight.

Ms. Love worked at the J.P. Hoyer Child Development Center for one year, then was hired as the youth sports director at the Andrews Youth Center in March 2005.

"I feel fortunate to have the opportunity to work with the children every day," said Ms. Love. "My job is challenging, but the smiles on their faces makes it worthwhile."



Big winner

Master Sgt. Richard Stiles, 90th Services Squadron, F.E. Warren Air Force Base, Wyo., helps Tech. Sgt. Barbara Herzer, 90th SVS. Sergeant Stiles was named the Air Force Services NCO of the year. (U.S. Air Force photo/Lorri Wels)

Wright-Patt club boasts new sushi chef

By Mike Wallace

Wright-Patterson Air Force Base, Ohio, Public Affairs

Saw Tun came all the way from Burma, by way of Singapore, Japan, and the U. S. West Coast finally to prepare sushi at the Wright-Patterson Air Force Base, Ohio, Club and Banquet Center.

Chef David Glynn, the club's executive chef, made the decision to hire him, and he said that decision has proven its worth in terms of the popularity of sushi with club patrons. Sushi really isn't new to the base.

Chef Saw was preparing it at the Hope Hotel and Conference Center four years ago. Chef Saq came to the club just recently, but he began learning his craft in 1998.

Primarily a Japanese dish, sushi is made of a special type of cooked, cold rice onto which is stuck various

ingredients for a customer's palate. Part of the sushi connoisseur's meal is California rolls, so-named, according to Chef Saw, because so many sushi chefs settled in the Bear State when they came to this country.

Chef Saw's wife, Theingi Aye, helps him prepare sushi dishes at the club, and even a cursory look would reveal that the two have quicker-than-average hands.

In a demonstration of their sushi-making prowess recently, the club's sushi chefs prepared several pieces.

First, they made seafood sushi, a feat that required rolling up balls of rice and sticking pieces of usually raw shrimp, squid, fish or whatever to them. They made these with a nod to appearance to heighten the appeal to a customer's indulgence.

They then tackled California rolls that required spreading rice onto a rectangular piece of seaweed. While this is something anyone could do with enough time, only an experienced sushi chef can spread a uniform layer of rice quickly and repetitiously.

After spreading the rice, using their fingers and thumbs, the two quickly applied sliced cucumber, avocado carrots, sesame seeds, and imitation crab meat to it. Then they carefully rolled up the mixture with either seaweed or rice on the outside into a seven-or-so-inch cylinder.

Chef Saw made seven cuts across the cylinder's width, starting in the middle.

The result from each cylinder was eight, round California roll pieces, all the same size. Within 15 minutes, three trays of sushi delicacies were expertly prepared.

Chef David said he has been impressed so far with the popularity of the club's sushi bar. The addition of Chef Saw to the staff gives the club more options for offering sushi at weddings, parties, and other special events, he said.

At a club event several weeks ago, Chef David said he had six food stations set up, one of which was the sushi bar, and guests ate 400 pieces in less than an hour.

Also, at an event at the National Museum of the U.S. Air Force, 1,000 guests made equally short work of the sushi on hand.

The word from Chef David is that if you like sushi, get in line early.



Chef Saw Tun, and his wife, Theingi Aye, prepare sushi in the Club and Banquet Center's kitchen. A Japanese dish, sushi is very popular here. (U.S. Air Force photo/Spencer Lane)

Returning from the Tops

**By Senior Airman Christian Michael
Langley Air Force Base, Va., Public
Affairs**

The thrill of the crowd and the adrenaline in his veins weren't the only reasons Senior Airman Greg Butler loved his time in the Air Force Tops in Blue. In a day of war and strife, he found deeper meaning in his tours to the troops, home and abroad.

Langley Air Force Base, Va.'s own Airman Butler has worked as a labor and delivery technician at the 1st Fighter Wing Hospital for three years, a job he said he finds rewarding.

"Helping mothers and infants transition is not always easy," he said. "Being available to make our patient laugh and enjoy their stay in our unit is important to me."

He takes his job and his hobbies seriously, and when the opportunity arose for him to pursue one of beloved hobbies for a year with the elite performing group Tops in Blue, he jumped at the chance. While the group would allow him to perform

in show, it wasn't the only reason he liked the group.

"The fact that they have direct impact on morale and esprit de corps appealed to me," said Airman Butler.

Airman Butler performed in the Langley Talent Show in late 2004. He sent a video of his performance to Tops in Blue officials afterward, was called to perform in their Worldwide Talent Contest in San Antonio, and was notified shortly after returning here. He began his time with Tops in Blue in April 2005, and between then and his return just a few months ago, he visited almost every Air Force base worldwide in 30 countries and coast-to-coast continental United States.

"It was amazing," he said. "I felt like the luckiest guy in the world to be active duty and to go on a world tour at the same time."

Of all the places Airman Butler visited, his most moving stop was in Iraq.

"Our flight was delayed to Baghdad International Airport from Kuwait," he said. "We finally got off the ground and arrived at about 11 p.m. After having no sleep and barely any food, we still got our equipment pallets unloaded, set up our stage and did a show for the troops."

The next morning Airman Butler and another vocalist performed for a Patriot detail of a young Navy troop killed in the line of duty. They sang a blessing over his body



Senior Airman Gregory Butler, Tops In Blue 2005 vocalist, performs during the show season. (U.S. Air Force photos/File)

before he was sent home to the states.

"I recently saw a picture of him in this month's issue of the Air Force Times," he said. "Seeing his face deeply impacted me. I will never forget that moment."

While on tour, Airman Butler also acted as tour medic, privileged to function in his field while on tour. With his experiences on tour, as a performer, a stagehand and the tour medic, he takes a new look on life. "I feel I can take on the world," he said. "The tour really empowered me to take on any challenge in life."

Airman Butler plans on continuing his pursuit of singing.

"I plan to make next year's American Idol tryouts, and as an Air Force enlisted member, progress and grow as a person and a leader."

Airman Butler takes away one great lesson above all.

"You can't do anything without unity," he said. "I really learned the power of teamwork and taking care of the people around you. There were so many times I felt I could not go on anymore; having my friends on tour to lean on made all the difference."



Airman Butler wowed the crowds during Tops In Blue 2005 with his 'right-on' imitation of Ray Charles.

Whiteman welcomes new commander to 509th SVS

Maj. James Rumbley

Previous assignment: Command Protocol, Headquarters U.S. Strategic Command

Time in service: 22 years

Commissioning source: Officer Training School

Family: Wife, YonAe

Hobbies: Recreational walking, reading and bowling

How does the squadron contribute to the Air Force mission? Provides a variety of force sustaining support to war fighters as well as numerous critical morale programs for military personnel and their families.

Command philosophy: Support the mission, do the right thing, and take care of each other.

Goals for new position: Continue to provide outstanding goods and services to the Whiteman community as well as creating a positive working environment for my squadron personnel ... take care of those who take care of others.



Luke tasty bites

Airman 1st Class Briton Hurdle, 56th Services Squadron first cook, serves chips recently at the Ray V. Hensman dining facility at Luke Air Force Base, Ariz., during a vendor food show. The event showcased new food items that may be added to the dining facility menu. (U.S. Air Force photo/Senior Airman Teri Smith)



From left, Michael Svenddal and 2nd Lt. Dennis Davis are two of the best in Air Force Services. (U.S. Air Force photos/File)

934th members named Air Force Services best

By Cristina Oxta
934th Services Squadron

Two 934th Services Squadron members at Minneapolis/St. Paul International Airport received Air Force Services awards recently.

Second Lt. Dennis Davis, readiness officer, was named Air Force Services Air Force Reserve Command Company Grade Officer of the Year. Lieutenant Davis manages all squadron training and real world deployments, prepares the annual readiness budget and forecasts readiness needs for the next five years.

In 2005, Lieutenant Davis deployed to Port Mortuary at Dover Air Force Base, Del. While there, he served as the port mortuary operations officer for 81 days and ensured that 261 fallen military members were returned to their loved ones with dignity, honor and respect.

Michael Svenddal, facility management assistant at the North Country Lodge, was named Air Force Services Civilian Specialist of the Year. Mr. Svenddal is responsible for lodging's work order program, internal and external custodial programs, and the linen management program through which he oversees more than 27,000 pieces of linen.

In 2005, Mr. Svenddal took charge of the fourth phase of lodging's remodeling project, which added 56 guest rooms to the facility.



PROFILES FROM THE FRONTLINES

(U.S. Air Force photos,
interviews/Capt. Willie Rudd)

**Senior Airman Kevin
Clark**



Services Specialist
386th Expeditionary Services
Squadron
Ali Al Salem Air Base
Hometown: Mobile, Ala.
Home station: Eglin Air Force
Base, Fla., Field 3, "Duke Field"
Number of times deployed: 2
Deployment goals: Take every
job that I'm assigned and do it 110
percent for the entire deployment
length! It also helps the deployment
go by much faster.

Best part of this deployment:
The facilities are better than when I
was here a year ago! Opening of
the indoor basketball courts was a
real treat for being in a desert
environment.

Hobbies: Playing basketball,
bowling, playing pool, attending
church, and going to school.

Best military memory: My TDY to
Aviano AB, when a couple of my co-
workers and I got picked to take a
tour of Air Force One, and BMT
graduation!

**Tech. Sgt Adrienne
Warren**



NCOIC, Community Activities
Center
379th Expeditionary Services
Squadron
Al Udeid Air Base
Hometown: Houston, Texas
Home station: Scott Air Force
Base, Ill.

Number of times deployed: 5
Deployment goals: Earn college
credits and maintain PT readiness.

Best part of this deployment:
Squadron PT days, intramural
sports, and theme nights at the
desert eagle lounge.

Hobbies: Reading, volleyball, and
hanging out.

Best military memory: My year at
Kunsan.

**Senior Airman Troy
Hoover**



Fitness Specialist
407th Expeditionary Services
Squadron
Ali Air Base
Hometown: Hampton, Va.
Home station: Altus Air Force
Base, Okla.

Number of times deployed: 3
Deployment goals: To maintain
and increase my physical fitness
and to have a great deployment.

Best part of this deployment:
Standing side by side everyday with
people who work hard to get the
job done. We work hard and play
hard as well. To see different
people from different bases come
together and complete the mission
is great.

Hobbies: Basketball or sport in
general; I like them all.

Best military memory: Deploying
to Keesler AFB (Miss.) to help in
Hurricane Katrina recovery opera-
tions. When you see something like
that, you know that what you are
doing is important. The people
around the base lost everything and
I was proud to be able to go down
and help.

FITNESS & SPORTS

Mighty Tots baseball in full-swing



Left, Michael Russell, son of Staff Sgt. James and Kati Russell, swings the bat while Fran Nickson gives him batting tips. Michael is one of 80 participants in the Elmendorf Air Force Base, Alaska, Mighty Tots Baseball program.



Christian Lujin, son of Staff Sgt. Brian and Crystal Lujin, stops a grounder during the program. The Mighty Tot programs are held 10- 11 a.m. Mondays-Thursdays at the Elmendorf Air Force Base, Alaska, Youth Center. The purpose of the league is to give 3 and 4 year-olds a head start in athletic activities. (U.S. Air Force photos/File)



Left, Mighty Tots coach Marlin Smith rallies the team during practice.

FROM THE FRONTLINES

Pope Airman takes boxing overseas

Tech. Sgt. William Bailey, 379th Expeditionary Services Squadron, takes inventory of boxing equipment in Southwest Asia. The sergeant has developed a boxing program he hopes will continue on even after he leaves.



Story and photo by Staff Sgt. Celena Wilson
379th Air Expeditionary Wing

Jab!
Uppercut!
Right hook!

Boxing in Southwest Asia has become a main event since Tech. Sgt. William Bailey came to town.

The sergeant, part of the 379th Expeditionary Services Squadron and deployed from the 43rd Services Squadron at Pope Air Force Base, N.C., has developed his base's newest fitness program - Services' School of Boxing.

Sergeant Bailey, who has been boxing since age 11, has created a two-part program where anyone from beginner to advanced can participate. No experience is necessary.

"In the first phase of the program the basic fundamentals and boxing safety are discussed and the misconception that boxing is an extreme, violent sport is dispelled," he said. "The students will have to pass an end-of-course exam prior

to advancing to Phase II which is the training and conditioning portion of the course."

The course is designed to give students the option to train to compete for "Fight Night" or simply to train and improve their personal fitness.

"The program's conditioning and training focuses on overall strength and endurance. It's everything you need to excel on the Air Force physical fitness test and perform at your peak during deployments and in austere conditions," said Sergeant Bailey, a two-time regional Philadelphia Golden Glove title winner. "It is the perfect PT program."

Each course is scheduled to last six weeks from the start of classroom instruction to end with a culmination event - "Fight Night." The "Fight Night" committee will select the students who display the most skill during training and match them up according to weight and skill level.

Sergeant Bailey hopes the program won't stop after just one session. If the interest is there, he

plans to start training another group of would-be competitors shortly after "Fight Night."

"I plan to provide plenty of continuity for the program," Sergeant Bailey said. "I don't want this to be just a base program. My vision is for this program to become a fitness improvement program used by fitness centers Air Force-wide."

But Sergeant Bailey doesn't take all the credit for getting this program off the ground. He said many people had a hand in this creation.

"I want to add a special thanks to Capt. Erwin Vargas for assisting me with this class," he said. "Captain Vargas was an assistant coach for the Air Force Academy and a former amateur contender. His assistance with the program was a Godsend. Also without Brig. Gen. Ted Kregse (379th Air Expeditionary Wing commander) and Lt. Col. Kevin Schields (379th ESVS commander) supporting the program and giving us the opportunity to share our knowledge and passion for the sport of boxing, the program wouldn't have gotten this far."

Records set at AF Marathon



Mark Cucuzzella crosses the finish line in the time of 2:31:47 to take first place in the men's division at the 2006 Air Force Marathon at Wright-Patterson Air Force Base, Ohio, on Sept. 16. An Air Force lieutenant colonel, he is from Shepardstown, W.V. (U.S. Air Force photos/Spencer Lane)

By Rachel Castle

**Wright Patterson Air Force Base, Ohio,
Public Affairs**

New wheelchair and male half-marathon records were set at the U.S. Air Force Marathon, an official Air Force Services function, held Sept. 16 at Wright-Patterson AFB in Dayton, Ohio.

Forty-five year-old wheelchair racer Glen Ashlock broke the previous record by more than twelve minutes, finishing in 1:47:06. Female wheelchair winner was Monica Szymanski at 3:08:16.

Setting a record in the male half-marathon race was 25 year-old Derrick Butler, coming in at 1:09:03. Caitlin Reese took top honors in the female half-marathon division and was also the top female military winner with a time of 1:22:20.

Air Force Running Team member Mark Cucuzzella crossed the finish line at 2:31:47, earning his first marathon title and also top male military honors; while Michelle Elliott, finishing the full marathon at

3:17:48, won the female division. Top military female was Rendi Everhart with a time of 3:26:39.

Coming in first in the relay division was the National Guard Stars with a time of 2:35:21. Special relay participants included four 88th Air Base Wing Security Forces Members who crossed the finish line together with two of their working dogs

Finishing up the events in the 5k race were male winner Eric Petersen with a time of 17:13 and female winner Gabrielle Beal at 21:37, as two A-10 Thunderbolt II "Warthog" aircraft performed a flyover.

The A-10 was this year's tribute craft and was featured on the official event patch and medal given to all participants.

There were more than 5,000 runners registered for the race, the largest held since the event's inception in 1997. Seventy-one racers were honored as "ten-year runner" special guests for participating in all Air Force marathons at Wright-Patterson.

There was even a marriage proposal at the end of the race when U.S. Marine Isaac Pacheco crossed the finish line with his girlfriend, got down on one knee and asked her to marry him. She said yes as spectators cheered.

For complete results, visit www.usafmarathon.com.

Note – times listed are unofficial.



Michelle Elliott crosses the finish line in the time of 3:17:48 to take first place in the women's division at the 2006 Air Force Marathon at Wright-Patterson Air Force Base, Ohio., on Sept. 16. An Army sergeant, she is from Hasting, Neb.,

Agency team competes, completes AF Marathon

By Steve VanWert
Air Force Services Agency

Fourteen runners from the Air Force Services Agency in San Antonio entered and completed the recent Air Force Marathon, the largest and most successful Agency team entry since the Air Force Marathon began in 1997.

"I'm extremely proud of the Agency runners who participated in this event," said Col. Tim Hanson, AFSVA commander. "The commitment in terms of time and energy to prepare for a marathon is the real test of character."

He should know – he's a marathoner as well. Colonel Hanson finished the 26.2-mile endurance race in a time of 3 hours, 56 minutes and 10 seconds, shaving more than three minutes off his 2005 time.

Among the more than 5,000 runners registered for the race were Agency members Colonel Hanson; Capts. Jason Livingston and Julio Hernandez; Master Sgts. Kevin Norton, Wallace Wakefield, Tim Wodtke and Paul Baldonado; Jeff Richard, Tom Goodwin and Laura Lara; and relay team members Chief Master Sgt. Jimmy Daniels, Master Sgts. Mike Arellano and Sharon Bedford, and Capt. Bethany Glenn. All finished in various times, but all crossed the finish line successfully.

"You just can't fathom the sense of accomplishment and satisfaction you feel when you finish," said Captain Livingston. "This was truly an amazing event."

"Remember that only 1 percent of the world's population can say they've run and completed a marathon," said Sergeant Norton, "and less than that can say they completed more than one."

All members agreed that being a member of a team helped them in training and competing.

"I was somewhat surprised by my performance," said Sergeant Baldonado. "I'm getting stronger and my finish times are reflecting the increased emphasis that is being placed on training by the Agency."

"I've taken the 'change in lifestyle' the Air Force has been emphasizing to the extreme," said Captain Livingston. "For nine years I smoked a pack and a half of cigarettes a day. A year and a half later, I'm running a marathon. Distance running seems to be contagious here at the Agency."

"It's a great outlet to alleviate stress and to trim down," added Sergeant Baldonado. "Without the group here at the Agency, I wouldn't have been able to complete the marathon training or be challenged to improve my times and fitness level."

"I'm proud of the whole bunch, marathon runners and the relay team, for putting forth the extraordinary effort," said Colonel Hanson.

This was the first Air Force Marathon for some of the runners, including Mr. Goodwin. "My first goal was to finish and my secondary goal was to finish in less than 4 hours and 30 minutes," he said. "I fell a little

short, but I'm extremely satisfied with my time. This was a great event. The Services folks at Wright Patterson were awesome."

Nearly all plan on entering the Air Force Marathon next year, and all plan on continuing running as a means to maintaining a healthy lifestyle.

"I recommend distance running to those individuals who are ready to take that next step," said Mr. Richard. "It's not about winning a race or having the best time. It all comes down to trying to remain healthy so you can enjoy life now and into your retirement years."

The Air Force Marathon was sponsored in part by BearingPoint (presenting sponsor); Gatorade, Capella University, Times Community Newspapers and two Wright Patterson-area radio stations, The Eagle 95.3 and The Point 95.7 (three-star sponsors); and the Ervin J. Nutter Center, Meijer Inc., Endurance Sports, Drury Hotels, New Balance, Sof Sole, Holiday Inn, Dayton Power & Light, and Krispy Kreme (supporting sponsors).



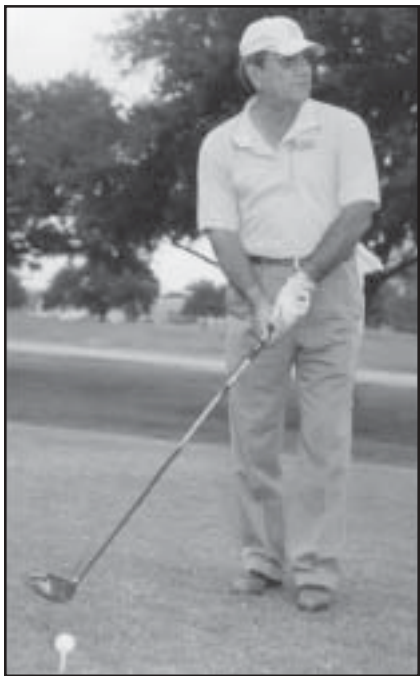
The Air Force Services Agency marathon team shows off their medals. (U.S. Air Force photo/File)

Brooks golf course manager blessed with 'stroke of luck'

By Rudy Purificato
Brooks City-Base, Texas, Public Affairs

To Jose Valadez, golf is a game of skill, perseverance and luck. As the last Brooks Golf Course manager, his success has been both a blessing and a 'stroke of luck.'

His metamorphosis into a 'big game' golfer has more to do with his love for the sport and the friends he has made playing it than it has to do about winning. Nevertheless, when a tournament is on the line, Mr. Valadez can be counted on to perform to expectations that usually result in the Services intramural team winning championships.



Brooks Golf Course manager Jose Valadez tees off on the first hole at the course. (U.S. Air Force photo/Rudy Purificato)

"I was about 34 when I started playing golf. I had always wanted to play since I was a kid," he said.

However, working and going to school was a family priority. Golf was foreign to him before his family emigrated to the United States from Mexico.

"To my mother, education was very important," he said.

He pursued education over sports when the family moved to San Antonio in 1955. Mr. Valadez attended Lanier High School and later studied electrical engineering at San Antonio College.

"I didn't have time for sports in high school because I had to work to help the family," he said.

Among his many after-school jobs was at the Fort Sam Houston Bowling Alley maintaining the automatic pin setters.

Uncle Sam, however, wanted him for the more important job of helping defend the country.

"I was drafted when I turned 22. I joined the Marines," he said.

He served for four years during turbulent times that included the Cuban Missile Crisis. After his service commitment ended, Mr. Valadez attended junior college in Los Angeles with plans to become a history and Spanish teacher. However, he spent the next 28 years working for the U.S. Postal Service, retiring in 1992. While in California, he resumed his interest in golf.

"My friends at work talked about golf," he recalled about his inspiration for learning the game. "I went to the library and studied golf from books. I learned the game academi-

cally, then I practiced what I had read and watched the pros play on TV," he said.

"I never considered myself to be a good golfer. I have been better than average. I know what it takes to compete – hard work and dedication. However, I wanted to enjoy playing the game and being with friends," he said about the real reason he pursues the sport.

It took him about five years to feel comfortable and confident with the game that also taught him an important lesson – humility.

By the time he began working as a Brooks course volunteer in 1992, Mr. Valadez was well on his way to becoming one of the premiere golfers on base. He won the Brooks Club championship in 1999. He had an opportunity to win three consecutive club championships, but lost the 1997 and 1998 title matches in sudden death.

A former team captain, he has played on the Services intramural squad since 1996. Yet his biggest golf challenge has been keeping the Brooks course playable.

"Volunteers have been a great help to us in turf management. One important thing that keeps bringing golfers back here is the condition of the course," he said.

He also credited the hard work and dedication of employees Jimmy Connell, Bubba Bretzke, Bob Hager and John D'Andrea for maintaining the course.

"The whole (Brooks) experience has been great for me. The world of golf is like a little piece of heaven on Earth," Mr. Valadez said.

Brooks golf course designer made links venue a top goal

By Rudy Purificato
Brooks City-Base, Texas, Public Affairs

It was one of his top goals for improving the quality of life at Brooks Air Force Base in 1969.

Thirty six years after the base golf course premiered,

retired Col. Irvin Keefer is content with his decision to build the links venue that has provided recreation to generations of golfers.

The 87-year-old Castroville, Texas, resident and former base commander experienced a bitter-sweet moment recently when he participated in the last golf tournament before the course officially closed.

"It's nostalgic for me. I have a lot of affection for this course and the people here," said the colonel, who expressed sadness that the course he designed and built will no longer be active. Building the Brooks golf course was among three goals he had when he assumed command of the base in 1967.

"My goal was to look after the troops," he said, explaining that he planned to provide them with better services. His other top goals involved building a commissary and new officer's club.

"I had to fight my way through it," he said about the process of securing money to build the course and the clubhouse. The project cost



Irvin Keefer

a total of \$164,000 in Non-Appropriated Funds. This included \$50,000 for the clubhouse. However, there was no money to hire a course designer.

"Out of necessity I designed the course. The idea was to design it so that everybody could play," Colonel Keefer said.

He implemented his idea to construct three tiers of tees to accommodate golfers' various skill levels.

"Playing from the back tees, nobody broke par. That's how tough the course was," he recalled.

So tough, in fact, that the course gained a reputation among amateur and professional golfers as a challenging venue. As a consequence, the Texas Southern PGA Tour held a one day tournament there in 1972.

Colonel Keefer's original plan was to build an 18-hole course. The plan did not materialize because of money. He had plans for adding the other nine holes on 350 acres behind the runways.

The plan was to connect the front nine holes with the back nine by going around the driving range. That plan would have made the par 72 course even tougher because the topography leading to the proposed back nine was uphill.

Colonel Keefer's commitment to ensuring a Brooks golf course legacy is rooted to his passion for the game. He developed his love for golf as a boy growing up in Maryland. Born on Aug. 18, 1919, in Baltimore, Colonel Keefer's first

exposure to golf was at a private country club where he worked as a caddy.

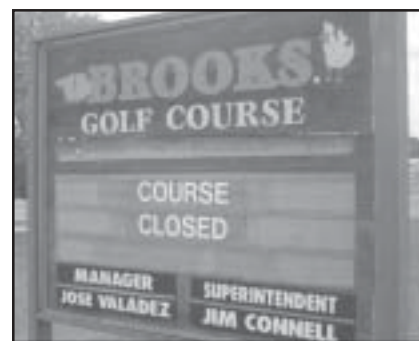
"I started playing golf at 10 years old. I took an interest in learning enough to be a good golfer," he said.

He was good enough at age 20 to be runner-up in the Maryland Junior Open Golf Tournament in 1939. Two years later he took a short hiatus from golf when he enlisted in the Army Air Corps to be an airborne radio operator. He was sent to Brooks Field in December 1941.

Shortly thereafter, he was reassigned to the Aviation Cadet Training Center at Kelly Field. During the 1940s and 1950s, this career Air Force officer played in several major golf tournaments.

"If things had been different, I probably would have gone into pro golf," he said.

If he had, the Brooks golf course may never have been built.



A total of 69 players on 17 teams participated in the final tournament at the Brooks Golf Course. The course, which opened in 1970, has officially closed. (U.S. Air Force photos/Elizabeth Castillo)

Pressure points:

Massages keep body, mind in harmony at Pope Fitness Center

Becky Albitz-Evans, a licensed massage and bodywork therapist, performs a sports massage on a client in the massage room at the Pope Air Force Base, N.C., Fitness Center. (U.S. Air Force photo/Senior Airman Stacia Zachary)

By Senior Airman Stacia Zachary
Pope Air Force Base, N.C., Public Affairs

It's hard to separate the body from the mind. Plato theorized, "Only when body and soul are in perfect sync will a person know true harmony." If this is true, a massage can do more than just relax muscles but also soothe one's soul as well.

The Air Force has recently made a push for all Airmen to become physically fit. Exercise alone cannot make a person achieve this goal. Nutrition and mental well being also factor in to the equation of a healthy lifestyle.

"Stress can fatigue the body and deplete a person's energy," said Becky Albitz-Evans, a licensed massage and bodywork therapist at Massage Connection in the Pope Fitness Center. "If a person's body is focused on fighting the stresses and fatigue of exercise, then the physical well being becomes neglected. A person cannot be at their best when this happens."

With so many people multi-tasking to accomplish needs from both their personal lives and their professional ones, stress becomes

an obstacle people need to learn how to navigate. There are many ways to manage stress — exercise, nutrition, hobbies and massage are just a few.

"Massage is a great way for a person to get away from all the drama and stressors in a person's life," said Ms. Albitz-Evans. "I love that I am able to help a person relax for at least one hour out of the day."

Still, if massage seems like the perfect treat but a bit to self-indulgent to enjoy, take comfort in knowing there are medical benefits associated with this indulgence. Massage can help a person maintain physical, mental and emotional health.

Massage helps release endorphins from the body thereby calming the nervous system and promoting a sense of relaxation and well being.

"Massage increases the circulation and can increase a person's metabolism," she said.

There are different types of massage. All massages help improve circulation and help the body to relax, said Ms. Albitz-Evans. "Different techniques focus more on



certain areas of concern. For instance, a woman who is pregnant would need attention in the hips and legs instead of a sports massage, which is good for pre- and post-event participation."

An important thing to remember about massage: it is not a miracle treatment. A person should practice good health at all times.

"People shouldn't wait until they feel unbearable stress or intolerable pain," she said. "I recommend a person incorporate massage into a yearly routine or as often as once a month."

If stress has become mentally and physically debilitating or the need for relaxation is in high demand, massage is an option for everyone with access to a spa or the Pope Fitness Center.

"Pamper yourself," said Ms. Albitz-Evans. "You work hard every day, so there's no excuse not to."



Patrick Youth Sports offers unique child development approach

Youth Soccer coach Dan Gomez passes his love of the game to those he instructs. Volunteer coaches in the Patrick Youth Sports and Fitness Program receive professional training and certification from the National Youth Sports Association. (U.S. Air Force photo/Nancy Watts)

By Lori Peppers
45th Services Squadron

Many parents appreciate the uniqueness the Patrick Air Force Base, Fla., Youth Sports program offers the military family. Seven-year old Jade participates in Tee-Ball, basketball and soccer. The daughter of Master Sgt. Carlos and Michelle Torres, Jade's favorite sport is soccer.

Sergeant Torres, Superintendent of the Airmen and Family Readiness Center, adamantly supports the program.

"We like our daughter to participate in youth sports here at Patrick because it builds discipline, leadership and a sense of belonging," Sergeant Torres said, "Since these traits are inherent to the military, I feel extremely comfortable that these traits are better emphasized here at Patrick versus a program off base."

Teresa Andrews, Patrick Youth Programs director, concedes that many military families will not leave the convenience of their own communities to place their children in Patrick's Youth Sports; however,

she offers a program that is educational, fun, safe and most of all, affordable.

"This is not to say that the community programs are not all these things, in some cases," said Ms. Andrews. "They may even offer better facilities, but the Air Force takes 100 percent interest in assuring individual development in both the game and in the self-confidence of each participant."

The focus of the Patrick Youth Sports and Fitness Program is fully developmental – helping young people grasp the techniques and skills of the sport — rather than competitive, being concerned with who won the game.

"It's our goal to make sure that the children are well versed in the fundamentals of a sport, allowing them to compete successfully in their schools," Ms. Andrews said.

Youth Sports currently offers soccer, played until November; basketball, played until February, as well as baseball, softball and tee-ball, which are conducted from February to May.

The teams are age appropriate and, to ensure that kids can play with confidence, assessments are

conducted in order to avoid the unfair "stacking" of players on teams.

FitFactor participants who take part in Youth Sports receive credit for all games and practices, allowing them to compile points to receive prizes and awards.

Volunteer coaches have background checks and receive expert training and certification through the National Youth Sports Association. Coaches are also provided guidance in appropriate preventative measures for child abuse, plus first aid and CPR.

According to Ms. Andrews, with the projected completion of the Pelican Coast housing community, where the Youth Center is located, the sports program is expected to excel. Local privatization housing plans necessitate the construction of new ball fields for the Air Force.

"By placing the new fields closer together families will find it convenient to participate in both youth and adult sports at the same time," she said.

Snapped around Services



Near miss

Willie Evans just misses a putt during the Midnight Sun Golf Tournament at Elmendorf Air Force Base, Alaska. Mrs. Evans' team finished tied for eighth with a 69. The winners were Mike Thurnes, Bob Levine, Don Schiui and Clyde Durin with a 62. Eagle Glenn Golf Course hosts several tournaments throughout the 2006 season. (U.S. Air Force photo/Airman Jonathan Steffan)

FROM THE FRONTLINES



Fight Night V

More than 150 Soldiers, Sailors, Airmen, Marines and civilians attended the fifth edition of Fight Night hosted by the 386th Expeditionary Services Squadron recently. (U.S. Air Force photo/Staff Sgt. Ryan Hansen)



Getting some 'air'

Little Warrior Zachary, 11, enjoys some time at the Malmstrom Air Force Base, Mont., Skate Park. The park, located in front of the base swimming pool, reopened recently. Hours for the park coincide with the base curfew hours, which are midnight to 6 a.m. during the summer. (U.S. Air Force photo/Valerie Mullett)

Eielson welcomes quality of life upgrades

Rock climbing, laser tag, skatepark ready for winter

By Airman Nora Anton
Eielson Air Force Base, Alaska, Public Affairs

In an effort to improve the quality of life on base, wing leadership is in the process of purchasing and installing a new laser-tag course, skateboard park, climbing wall and tennis courts by mid-October.

The wing had some extra money left over and wanted to purchase items that Icemen could use during the long winter months and more throughout the year, said Sandra Horsman, 354th Services Squadron deputy chief. An estimated \$200,000 was spent on equipment for these projects.

Ms. Horsman explained the construction plans for the new facilities.

Tennis courts will be built in place of the current skateboard park with new equipment behind the fitness center. The skateboard park will be built next to the youth center on top of the old mini golf course, which will be paved by the 354th Civil Engineer Squadron to make room for the park.

She said a surplus of new equipment has been ordered for the new park, including a sun box, a sly box, a kinked rail, a spine, a grind box, a straight rail, a quarter pipe, and a half pipe is being built by the 354th CES.

A new laser-tag course will be located in the base gym along with

a new climbing wall.

"The laser-tag course will be set up in the basketball court on scheduled days," said Ms. Horsman. "We'll be using the basketball courts, but it won't be every night and it won't be routine. Units can schedule when they want to use it, but we still need access to volleyball and basketball."

The 12 feet wide by 21 feet tall climbing wall will permanently be in the gymnasium and the wall can have up to four climbers at a time she said.

Future quality of life projects include building new pavilions between the dormitories for the unaccompanied Airmen, said Ms. Horsman.

"With the current deployment schedule and the separation of

families, it is important to take care of the families and make sure they have lots of things to do inside and out, during any season," she said.

"When the Airmen come home, they need things to do to relax with their families and we hope to provide an avenue to do this."

Ms. Horsman also expressed the importance recreational facilities have on esprit de corps.

"Keeping in touch is vital to taking care of each other; we need to do that here at Eielson, we are a very large family," she said.

"In Services, one of the things we strive for are new things for Icemen to do," said Maj. Alex Garcia, 354th Services Squadron commander.

"We try to add a variety to the things we offer," he said.



Locked on

Ashley Wynne, daughter of Tech. Sgt. Theodore Wynne, 354th Civil Engineer Squadron, Eielson Air Force Base, Alaska, targets a Dino teammate for a pass during youth soccer action against the Knights. (U.S. Air Force photo/Airman Nora Anton)

Views of the new McAdoo Sports, Fitness Ctr



Above, people get their aerobic workouts in the cardio section of the newly renovated McAdoo Sports and Fitness Center at Minot Air Force Base, N.D. Ellipticals, treadmills and stationary bikes are among the equipment the room features. (U.S. Air Force photos/File)

Right, the new entryway at the McAdoo Sports and Fitness Center.

Below, Nate Solosabal, 5th Logistics Readiness Squadron, executes a bench press in the new weight room of the McAdoo Sports and Fitness Center.



Aiming for clay

Shaw member joins USAF Skeet Team

By Senior Airman John Gordinier
Shaw Air Force Base, S.C., Public Affairs

At least seven times a month, he heads down to the skeet and trap range to do a little shooting practice with his shotguns. With the command of "pull," he fills the sky with lead and shatters nearly every airborne clay pigeon with superb accuracy.

In fact, Master Sgt. John Yanick, 20th Component Maintenance Squadron NCO in charge of fuel systems repair at Shaw Air Force Base, S.C., said his averages are all above 94 percent accuracy, with his best average of 97.4 percent with the 28-gauge shotgun.

"In skeet and trap there are four different types of weapons you can use," Sergeant Yanick said. "They are the 12, 20 and 28-gauge shotguns, and the 410-bore shotgun."

The averages only count when shooting in competitions, he said. An individual's military minimum yearly average is figured after 1000 shots with the 12-gauge and 800 shots with the other three gauges in tournaments. Once the average is calculated, the shooter will be given a class.

The highest class is AAA and consists of the best shooters. Below that is AA, then A; all the way down to E class.

Sergeant Yanick is in the AA class for the 28-gauge and 410-bore shotguns, and in the A class for the 12 and 20-gauge.

Sergeant Yanick was invited to join the U.S. Air Force Skeet Team and represented the Air Force in the 2006 Armed Services Skeet Championship at Fort Bragg, N.C., recently.

This is one of two competitions the Air Force Skeet Team enters every year. The other competition is the World Skeet Championship, which is held in San Antonio around October every year.

According to Maj. Vernon Lucas, Air Force skeet team captain, Sergeant Yanick placed first in the A class 410-bore competition and placed third in the A class 12-gauge competition.

Overall, the Air Force Skeet Team did exceptionally well.

"They won four out of five events along with several individual honors," Major Lucas said. "At this year's event, Sergeant Yanick set the event on fire and was a standout performer. He shot 581



Master Sgt. John Yanick, 20th Component Maintenance Squadron NCO in charge of fuel systems repair, practices his skeet and trap shooting recently at Shaw's Skeet and Trap Range. (U.S. Air Force photos/Senior Airman John Gordinier)

out of 600 targets (making him) a true professional and competitor. As one of three new shooters on this year's (Air Force) team, Sergeant Yanick set a foundation for future events."



Master Sgt. John Yanick assembles his weapon prior to practice.

FROM THE FRONTLINES

Fitness facilities offer more than treadmills for deployed troops

By Staff Sgt. Celena Wilson
379th Air Expeditionary Wing Public Affairs

Many people have a goal they want to achieve while deployed.

Brig. Gen. Ted Kregse, 379th Air Expeditionary Wing commander, challenges everyone to somehow improve themselves while in the desert. Some want to improve their job skills. Others want to pursue their education. But many want to improve their fitness level.

The 379th Expeditionary Services Squadron offers many outlets for people to achieve their fitness goals.

Organized sports programs could be one way to enjoy working out while meeting new people. Similar to home-station bases, 379th ESVS has an intramural program, according to Senior Airman Karolin Peralta, intramural sports coordinator. Currently, sign-ups are available

for basketball and over- 30 basketball seasons.

The fitness center staff plans to have at least three intramural seasons of sports during

the AEF 1/2 rotation.

If a steady cardio workout is sought, the fitness center offers an array of machines to help build cardio endurance. Throughout the week, many aerobic and martial arts classes take place in the cardio center fitness room. All classes are conducted by volunteers, Airman Peralta said. Schedules are subject to change without notice, but the staff tries to maintain a monthly calendar on the 379th ESVS link of the base Intranet.

To keep the spirit of competition alive, various special events are also scheduled throughout the month. Volleyball, three-on-three basketball and dodgeball one-day tournaments and fitness challenges are just a few of the various special events scheduled. Airman Peralta said the typical deadline is two hours before the start of the event for everyone who wants to sign-up. This way the staff can plan brackets and prizes accordingly.

For the avid runner or weightlifter, there are two programs that track the accumulation of miles and pounds lifted. The staff awards T-shirts for participants who achieve various levels of accomplishment. The staff will assist anyone interested in signing up for these programs as well as providing personal trainers.



Senior Airman Chad Smith, 64th Expeditionary Security Forces Squadron, attempts a layup against Team "Tankers" during the recent three-on-three basketball tournament at the base gym. (U.S. Air Force photo/Master Sgt. Douglas Lingefelt)

Fitness pros train Osan people

By Tech. Sgt. Michael O'Connor
Osan Air Base, Korea, Public Affairs

Thirty members from the Osan Air Base, Korea's 51st Services Squadron fitness center staff and unit physical training leaders completed a week-long physical fitness specialist course and certification recently.

For approximately two decades, The Cooper Institute has provided this course and certification to Department of Defense personnel, customized specifically to support and reinforce the fitness standards for each respective department or branch of the military.

"We really want to make sure they understand the science behind what they're doing as PTLs," said Karyn Hughes and Stephanie Espinosa, associate directors of education for The Cooper Institute. "Our goal is to arm students with practical application for each fitness

component by empowering them with knowledge they can implement in their units."

The five-day course gives staffs and PTLs a healthy-sized toolbox of fitness and nutrition-related information to effectively implement individualized fitness programs, including skills related to assessment, exercise counseling, supervision and feedback, motivation, exercise prescription and education.

"This course not only gives these folks more credibility in training Airmen in how to properly carry out fitness programs, it also saves the Air Force countless dollars and man hours by not having to send people on temporary duty to receive this training," said Capt. Joseph Williams, 51st Medical Operations Squadron chief of physical therapy.

The training and certification the PTLs received is especially important as most of them have limited knowledge in how to assist people

in setting up good weight and cardio programs, said Mandy Baerman, the Health and Wellness Center exercise physiologist. She said she hopes the PTLs will take back what they've learned and educate their units accordingly, thus reducing the number of injuries, aches and pains, that can be associated with incorrect form.

"I've learned much, much more than I thought I would," said Senior Airman Jason Creek, a PTL for the 51st Maintenance Squadron. "The course went into great detail about understanding how the human body works and what it needs to function, as well as how to get people from where they are now to where they want to be. [The biggest common denominator] in getting into shape and maintaining it afterward is consistency, not just in your exercise routine, but also in nutrition as it plays an equally important part in achieving your personal goals."



A trainer from The Cooper Institute displays the proper technique for a bench-press exercise for Osan Fitness Center staff members and unit physical training leaders at the fitness center. (U.S. Air Force photo/Tech. Sgt. Michael O'Connor)

Snapped around Services



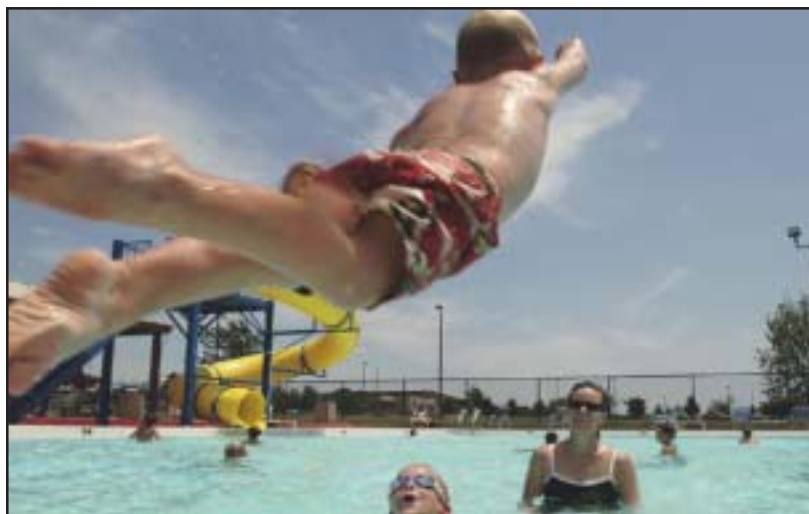
Going to the clinic ... the swing clinic

Professional golf instructor Brian Cannon teaches Paul Lumdberg the fundamentals of the golf swing during a children's golf clinic at the Randolph Air Force Base, Texas, Randolph Oaks Golf Course. During the week-long clinic, children were taught the basics of the game, including swing mechanics, etiquette, terminology, proper behavior, and how to maintain speed of play. (U.S. Air Force photo/Steve White)

FROM THE FRONTLINES

Best in show

Capt. Daniel Giannavola and Tech. Sgt. Ronald Green, both from the 314th Services Squadron at Little Rock Air Force Base, Ark., take a break from their escort duties to have their photo taken with Leann Tweeden, a reporter with Fox Sports. The two also had the opportunity to be interviewed for Fox's "Best Damn Sports Show Period," which will air later in the year. Captain Giannavola and Sergeant Green are currently deployed overseas in support of the Global War on Terrorism. (U.S. Air Force photo/File)



Making a splash!

Braxton Todd, 3, son of Capt. Troy Todd, 22nd Medical Operations Squadron, jumps into the McConnell Air Force Base, Kans., outdoor pool, while his mother, Terrilynn, and brother, Cameron, 5, watch. Most base outdoor swimming pools are closed now, but the memories splash on. (U.S. Air Force photo/Master Sgt. Maurice Hessel)